

## Woman dies after snowmobile rolls

A 72-year-old Brighton woman was killed after a snowmobile accident last week.

Crawford County Sheriff Kirk A. Wakefield said deputies and medical personnel were dispatched to a 911 call for an unresponsive female that was involved in a snowmobile accident at 6:23 p.m. on Thursday, March 8.

The accident occurred in Grayling Township, just outside the perimeter fence of Camp Grayling, west of Military Road. **Page 3**

## SPORTS

### Grayling pulls away in 2nd, 3rd quarters, beats Bucks by 21



After a close first period, the Grayling Vikings pulled away in the second and third quarters, outscoring the Roscommon Bucks — the home team — 39-18 in the two periods combined during Wednesday night's District 63-B boys basketball semifinal game. The Vikings won the contest by a final score of 64-43.

"I was pleased with our defensive intensity in this game. Our team overcame some adversity in the form of foul trouble in the second quarter and had a nice run at both ends of the court. Our kids did a great job of sharing the basketball and found the open man," Coach Rich Moffitt said. **Page 14**

### Race helps raise money for schools' ski programs



Grayling High School alumni, current Crawford AuSable School District students, and other downhill skiers raced in the second annual Wieland Tributary Ski Race on Sunday, March 4, at Hanson Hills, raising approximately \$1,100 for the GHS/GMS ski programs.

The race is named after Mike Wieland, who coached the GHS ski team for 40 years. Wieland competed in both this year's race and last year's event. **Page 15**

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# Crawford County Avalanche

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Thursday, March 15, 2012

## Future of Grayling Fish Hatchery remains in limbo due to finances

by Dan Sanderson  
Staff Writer

With just over three months before the regularly scheduled opening for the Grayling Fish Hatchery, Crawford County leaders have the task to try to net financial and community support to keep the landmark in operation.

Crawford County Administrator Paul Compo said Grayling Recreational Authority officials, who have operated the fish hatchery for the last several years, no longer want to oversee the hatchery, where fish can be fed, viewed and caught

by local citizens and tourists.

GRA officials have lost about \$8,000 over the last two years operating the fish hatchery.

Other issues include replacing the roof on a garage located on the fish hatchery grounds. Some of the raceways, where the fish are kept, are starting to deteriorate due to failing concrete.

Finally, the man who operates the fish farm that supplies the fish hatchery is seeking to retire. He only charges the fish hatchery for fish that are lost or caught while they are kept in Grayling for the

tourism season. Finding another fish supplier is projected to cost \$5,000 to \$20,000.

"Any one of those issues can cause them to want to get out," Compo said.

GRA stepped up to operate the hatchery to keep employees, who help manage and operate Hanson Hills, on the payroll during the summer months.

Over the last couple of years, GRA staff has put more effort into organizing adult softball leagues, bicycle races and events.

See **FUTURE** | Pg. 8



Photo by Dan Sanderson  
Above, some of the raceways, where the fish are kept, are starting to deteriorate due to failing concrete.



## VIKINGS CLINCH DISTRICT TITLE WITH 71-40 VICTORY VS. BOBCATS

Grayling High School's varsity boys basketball team celebrates its second consecutive district championship following Friday's 71-40 win vs. the Houghton Lake Bobcats in the district finals, a contest played at Houghton Lake High School. For more on the game, see **Page 13**.

## Shelter gets funds from tax program

by Dan Sanderson  
Staff Writer

The AuSable Valley Animal Shelter will be able to continue an in-house spay and neuter program to help curb the pet population in the Crawford County area thanks to a state program.

The Michigan Department of Agriculture and Rural Development (MDARD), last week, announced the recipients of the 2012 Companion Animal Welfare tax check-off funds, which generated \$134,253.06 under a competitive grant cycle.

The 15 state registered animal shelters/humane societies will receive between \$5,000 and \$10,000 in reimbursement for the purchase of supplies, services and materials for spay and neuter activities.

The AuSable Valley Animal Shelter will receive \$5,000 through the program, which will ensure that it will continue a program to spay and neuter pets before they go to homes.

See **SHELTER** | Pg. 2

## MR. PEACE ENCOURAGES STUDENTS TO FIND GOODNESS IN EVERYONE TO STOP BULLYING

by Dan Sanderson  
Staff Writer

A young man known as "Mr. Peace" ran out of gas on his way to speak to Crawford AuSable School District students last week, but he did not fail to energize the youth with a message of kindness and tolerance.

Kevin "Mr. Peace" Szawala is a motivational speaker, author, hip-hop artist and peace activist. Born in Detroit, Szawala started his motivational speaking business called "Being Who I Want 2 Be" in 2006.

Szawala spoke to students at the Grayling High School (GHS), Grayling Middle School and fourth and fifth graders at the Grayling Elementary School last Thursday. His visit was prompted by an address Szawala gave to the GHS Student Senate during a summer retreat last year.

Szawala's mission was to address the topic of bullying, which occurs in the hallways and on busses in

school districts across the nation, sometimes resulting in the suicide of bullied students.

The Grayling Middle School has 375 students. Each day, 160,000 students across the nation do not attend school due to bullying.

"That would be like closing 400 schools about this size," Szawala said.

Szawala engaged the students throughout his presentation. He asked the students and teachers when they experienced the most painful time in their lives.

Szawala then used a cup of water to explain how painful words, acts and judgments can overflow as time goes on.

"Something that was 10 years ago, you remembered like it was yesterday," Szawala said.

Szawala used a basketball during his presentation. He asked the students to imagine that it was a bowling ball and a pile of their expensive I-Phones, I-Pads and video game systems

were placed in front of him. Szawala slammed the ball onto the gym floor, in an effort to show how he was smashing their expensive gadgets to bits.

In response, students told Szawala they would punch him, beat him up to the more comical, "making him suffer through a Justin Bieber concert."

Szawala asked the students to explain the attributes of their best friends. He then offered to give a student a \$20 bill. After Szawala crumpled up the bill, stomped on it and said he would desecrate it every way possible, the students said they still saw the value in the money.

Szawala encouraged them to see the inner-goodness in all students and to treat them all the same.

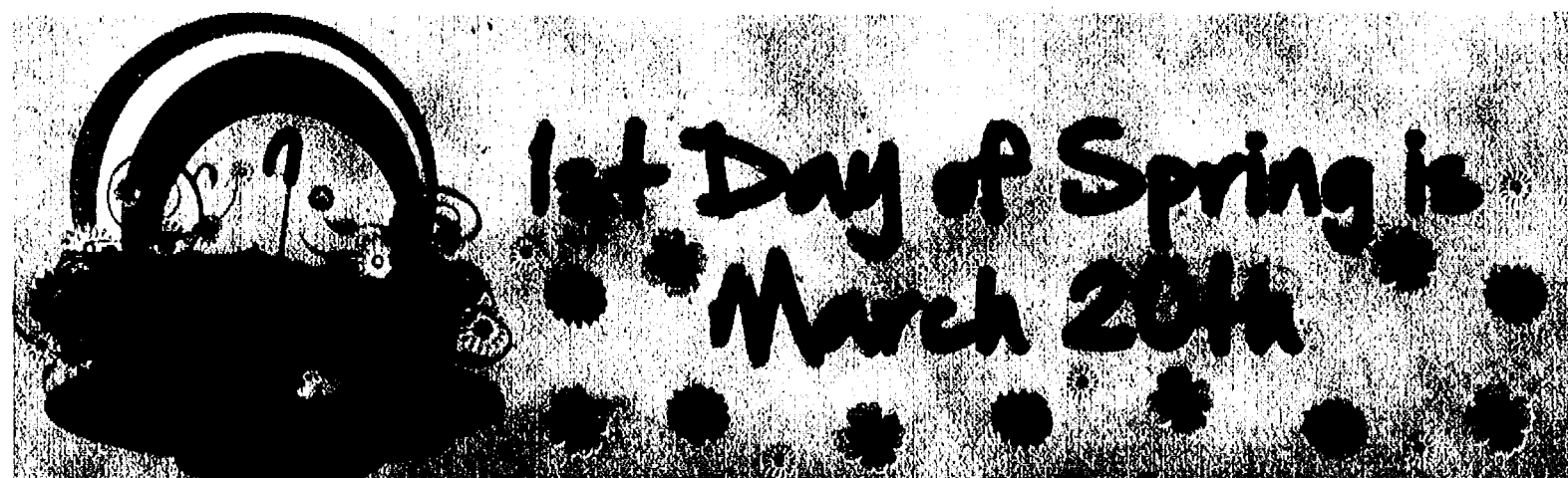
"Treat everybody like you treat your best friend and do that 100 percent of the time," Szawala said.

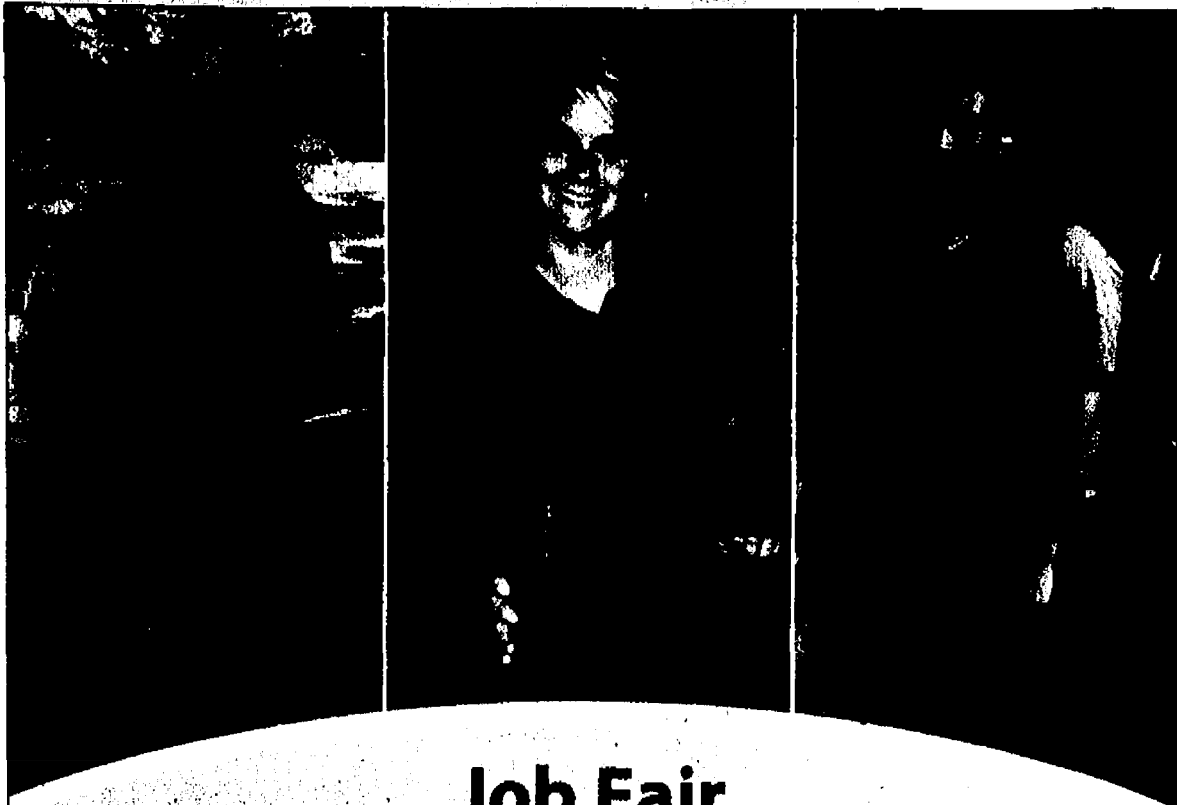
Szawala concluded his talk, relaying a story of a motivational speaker, who

See **MR. PEACE** | Pg. 8



Photo by Dan Sanderson  
Above, Kevin "Mr. Peace" Szawala energized Grayling High School, Grayling Middle School and fourth and fifth graders at the Grayling Elementary School with a message of kindness and tolerance last Thursday.





## Library serves up Green Eggs and Ham

Story hour at the Devereaux Memorial Crawford County Library featured the reading of Dr. Seuss books "The Cat in the Hat" and "Green Eggs and Ham." Dr. Seuss' birthday was March 2. To conclude story hour, youth and their family members filled a huge colorful balloon which they sat on for story hour, with individual balloons and shook it up and down and twirled it around the room. Left, Jane Gyulveszi, the library system's program director, reads "Green Eggs and Ham" while wearing a chef's hat.

Photo by Dan Sanderson

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## Chimney fire damages home

by Dan Sanderson  
Staff Writer

A Lake Margrethe area home was extensively damaged by a fire during a power outage that occurred earlier this month.

The Grayling Fire Department was dispatched to the home of Katy and P.J. McNamara, located at 10339 Old Trail, at 7:57 a.m. on Sunday, March 4.

The fire started in the chimney and spread into the attic of the home, said Grayling Fire Department Chief Russell Strohpaul Jr.

The weekend snowstorm, which dumped eight to 10

inches of snow, caused a slight delay in responding to the blaze.

"We were kind of hindered due to the heavy snowfall and the narrow roads," Strohpaul said. "It was a tight fit, but at least we were able to get one of our fire engines and our tankers in to fight the fire."

About 50 percent of the home, which was insured, was damaged by the fire. Firefighters were able to save some of the furnishings and items in the home by moving them to the garage.

An exact cause of the fire

has not been determined, but the McNamaras were using their fireplace in an attempt to heat the home.

"They were trying to take the chill off due to the power outage, and something went wrong from there," Strohpaul said.

The Grayling Fire Department was assisted by the Beaver Creek Township Fire Department, Frederic Township Fire Department and the Mobile Medical Response Ambulance Service.

Firefighters remained at the scene until 2 p.m.

## Shelter gets funds from tax program

Continued from Page 1

"It's so that we can continue to spay and neuter the animals that we have," said Cheryl Postma, director for the AuSable Valley Animal Shelter. "This will allow us to keep our mandatory program so we can spay and neuter all the animals before they are adopted."

The Animal Welfare Fund was established under Public Act 132 of 2007.

The fund supports efforts relating to the spaying and neutering of animals, and helps finance the costs for protecting and caring for animals that have been subjected to cruelty or neglect.

Taxpayers may elect to contribute \$5, \$10 or any other amount to the fund on their annual state tax

returns.

"Michigan residents have a strong desire to help local animal shelters struggling with increased numbers of cats and dogs coming into their facilities," said State Veterinarian Dr. Steven Halstead. "These funds will help with the sterilization of pre-adoption pets and hopefully get these animals more quickly into their forever homes."

Since this program began, \$356,454 has been collected and funded 39 projects across the state.

MDARD is planning the next round of requests for proposals for October 2012, which is based on the tax check-off contributions from taxpayers this year.

## Upcoming Senior Programs & Events

### Moving Forward series

"Planning For Peace of Mind"

"Consider the Conversation"

Thursday, Mar 15 • 6-7:30pm

Discussion of End of Life Issues with

Grayling Mercy Hospital Staff.

"I'll Never Need That Form!"

Thursday, Mar 22 • 6-7:30pm

Discussion of guardianship, wills & powers of attorney with local lawyers & MMR to discuss Do Not Resuscitate orders.

"Medicaid- Will I Need It"

Thursday, Mar 29 • 6-7:30pm

A seminar on Medicaid eligibility and new estate recovery law by lawyer David Shultz from Chalgian & Tripp Law Office. Everyone is welcome. Free of charge.

### S.A.F.E. series

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**Crawford County Opportunities**  
Commission on Aging & Senior Center



## Youth prepare for St. Patty's Day



Photos courtesy of Jane Gyulvaszi

The Devereaux Memorial Crawford County Library held a program called "How to Catch a Leprechaun" last week in preparation for St. Patrick's Day. Gold coins and Lucky Charms cereal were used as bait for the traps. Youth enjoyed a Leprechaun trap cake for a snack and several books featuring St. Patrick's Day legends were read. Right, youth display their Leprechaun traps. Left, a young Leprechaun was at the program to learn how to avoid being trapped.

## Woman dies after snowmobile rolls

by Dan Sanderson  
Staff Writer

A 72-year-old Brighton woman was killed after a snowmobile accident last week.

Crawford County Sheriff Kirk A. Wakefield said deputies and medical personnel were dispatched to a 911 call for an unresponsive female that was involved in a snowmobile accident

at 6:23 p.m. on Thursday, March 8. The accident occurred in Grayling Township, just outside the perimeter fence of Camp Grayling, west of Military Road.

A downstate couple was riding near Camp Grayling. In an attempt to climb a steep hill, Josephine Steele, of Brighton, rolled the snowmobile, which landed on top of her. Steele was

transported to Mercy Hospital Grayling, where she was pronounced dead.

Mobile Medical Response personnel, Beaver Creek Township Fire Department and EMS and Camp Grayling security personnel assisted deputies with the incident.

The accident remains under investigation.

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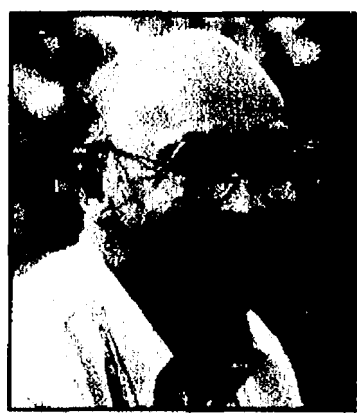
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# Issues and Opinions



## Almanack

by Richard Milliman

### Democrats jump start race for state posts

MICHIGAN DEMOCRATS stole a march on political state makers for this year's candidates for statewide educational boards and the non-partisan state Supreme Court.

In a special convention, Democrats anointed a slate of 11 candidates as their favorites for 11 state offices to be filled in the November election.

Both parties also will hold formal conventions in late summer (Republicans in late August, Democrats in early September) to nominate candidates officially for these 11 state positions, and conduct other formal party business.

As they did two years ago, Michigan Democrats stuck in an early endorsement convention so their chosen standard bearers can get a five-month jump in raising money and putting together their campaigns for November.

It's highly unlikely that Democrats in September will disagree with the early

March convention. It's possible, but essentially the same people will be running both conventions, so the March favorites are pretty safe.

Effectiveness of the early endorsements is open to question. In 2010, Republicans won most of the offices in question.

EIGHT OF THE 11 state posts at stake in November include two members each on the State Board of Education and the governing boards of Wayne State University, University of Michigan, and Michigan State University.

The other three openings are on the Michigan Supreme Court.

The education posts are elected on partisan ballots. The court candidates, however, are nominated by political parties, but run on a non-partisan ballot, and are not identified as either Republican or Democrat. Sitting justices, however, are identified as "incum-

bents," which places a high name value for nominees.

Justice Stephen Markman, first appointed to the Court in 1999 by Republican Gov. John Engler, likely will be seeking another eight-year term.

Justice Brian Zahra, appointed last year by Republican Gov. Rick Snyder after he picked Justice Maureen Corrigan to head the state Department of Human Services, must run to fill the last two years of Ms. Corrigan's term. If elected to the short term in November, Justice Zahra would have to go before voters again in 2014 for a full term.

The third Supreme Court opening is because Justice Marilyn Kelly, nominated by Democrats and first elected in 1996 and again in 2004, cannot seek a new term because Michigan law requires judicial candidates at all levels to be younger than 70. Judges can serve beyond 70, but cannot run after that age.

FOR THE THREE openings on the State Supreme Court, Democrats endorsed Wayne County Circuit Judge Connie Kelley, Oakland County District Judge Shelia Johnson, and Bridget McCormack of University of Michigan Law School's Innocence Project.

For the State Board of Education, Democrats are backing Lupe Ramos-Montigny of Grand Rapids, and Michelle Fecteau, affiliated with the American Federation of Teachers at Wayne State University.

Democratic incumbent Marianne McGuire of Detroit is not running again. The other incumbent is Republican Nancy Danhof of East Lansing.

For MSU Board of Trustees, veteran incumbent Joel Ferguson of Lansing, and Brian Mosallam of Dearborn, a financial advisor, are the Democratic choices.

The other incumbent is Republican Melanie Foster

of Lansing.

For University of Michigan Regents, Democrats favor Mark Bernstein, Detroit attorney, and Shauna Ryder Diggs, a dermatologist from Grosse Pointe.

As Wayne State University Governors, Democrats endorsed Sandra Hughes O'Brien, Northville attorney, and Kim Trent of Detroit, student recruiting manager for Michigan Future.

Two Democratic incumbents, Tina Abbott of Detroit and Annetta Miller of Huntington Woods, did not run for re-election.

MAIN SPOTLIGHT in November, of course, will be on the presidential race, with secondary spotlight in Michigan on United States Senate, where Democratic incumbents in both jobs - President Barack Obama and Sen. Debbie Stabenow - already have strong and solid Michigan Democratic support.

Ms. Stabenow will be officially nominated for her third term at the August statewide primary.

Also in the November election, voters will choose members of Congress and the state House of Representatives, where candidates for both parties will be nominated in the August primary.

The Michigan State Senate is not up for election this year, nor is the governor, secretary of state and attorney general.

Many local offices also will be on the November ballot.

All in all, Michigan partisans and voters are in for a busy time the rest of this year.

# # #

Richard Milliman is a veteran newspaperman, and a contributing columnist to several Michigan newspapers.

## Washington Notes

By Carl Levin, U.S. Senator (D-Michigan)

### Cut tax loopholes to reduce the deficit

A few days ago, I introduced the Cut Unjustified Tax Loopholes Act, or CUT Loopholes Act. Sen. Kent Conrad of North Dakota, the chairman of the Senate Budget Committee, joined me in proposing this legislation to help us meet three important goals: Reducing the budget deficit, protecting important priorities, and restoring some of the fairness to our tax system.

Our legislation would reduce the deficit by \$155 billion by closing tax loopholes that favor wealthy individuals and corporations, loopholes that raise the tax burden that American families must carry. It would provide more than enough revenue to pay for a full-year extension of the payroll tax cut now in place, or put a significant dent in the deficit reduction we need to avoid draconian automatic cuts that could take effect next year.

It is clear to almost everyone that revenue must be a part of our deficit reduction strategy. Presidents from Reagan to the elder President Bush to Clinton have used balanced strategies that included revenue as well as spending cuts to reduce deficits.

I will continue to fight for a number of other revenue measures, such as a surtax on millionaires and billionaires; eliminating tax subsidies for oil and gas companies; ending the Bush-era tax cuts for those earning more than \$250,000; and ending the carried interest loophole. We need to make those changes. But so far, they have run into an ideological brick wall, as too many in Congress refuse to consider reasonable revenue measures. But even that

rigid ideological stance should allow for ending the kinds of egregious loopholes our bill would combat.

First is offshore tax haven abuse. The Permanent Subcommittee on Investigations, which I chair, has spent years shed light on how these abuses aid the wealthy and corporations.

Our bill would give the Treasury Department authority to combat tax haven banks and jurisdictions that help U.S. clients hide assets and dodge U.S. taxes; crack down on offshore corporations that are managed from the United States from claiming foreign status to dodge taxes; eliminate tax incentives for moving U.S. jobs overseas or for transferring intellectual property offshore; and establish the presumption that, unless a taxpayer proves otherwise, a corporation formed by, receiving assets from or benefitting a U.S. taxpayer is considered under that taxpayer's control for tax purposes.

These provisions and others would reduce deficit by at least \$130 billion over 10 years.

Our bill's second focus is on a tax loophole that subsidizes corporations giving stock options to corporate executives. Today, corporations can take massive tax deductions for stock options, but usually show a much lower expense on their books. Our subcommittee found that from 2005-2009, this loophole allowed excess tax deductions ranging from \$12 billion to as high as \$61 billion in a single year.

The CUT Loopholes Act would prevent corporate income tax deductions for

stock options that exceed the expense shown on company books. It would preserve current tax treatment for individuals receiving options and for incentive stock options used by start-up companies.

According to Joint Committee on Taxation, these measures would reduce the deficit by \$25 billion over 10 years.

The time for these measures is now. Here's why.

First, the math is inescapable. We can't reduce the deficit and do other important things - protect our country, care for our seniors, educate our young - if tax revenue remains at its lowest level in decades, and if the effective corporate tax rate is at historic lows, thanks in part to these and other tax loopholes.

Second, there is a growing recognition among Americans that loopholes like these and many, many others leave the deck stacked against them and their families. Overwhelmingly, Americans tell us: Close those loopholes down. Public opinion polls show strong support for closing tax loopholes, support that crosses partisan and ideological lines.

Reducing the deficit and protecting important programs is hard. We face many tough decisions and difficult fights in the months ahead.

But this decision should be easy. We should close these loopholes and make a strong statement that we can reduce the deficit, serve important priorities and restore fairness to the tax code.

Carl Levin is the senior U.S. senator from Michigan.

## Letters to the Editor

### Letter misrepresents Fourth Amendment

To the editor:

This letter is in response to a letter, published in the March 8 Crawford County Avalanche, written titled Inalienable Rights in which the Fourth Amendment is used but not quoted causing a misrepresentation of this amendment by using partial information...

Amendment IV of the Bill of Rights

"The right of the people to be secure in their persons, houses, papers, and effects, against unreasonable searches and seizures, shall not be violated, and no warrants shall issue, but upon probable cause, supported by oath or affirmation, and particularly describing the place to be searched, and the persons or things to be seized."

See half of this amendment was left out making it appear that there was no room in the Bill of Rights for government officials to enter a person's home and invade their privacy for the safety of others. When in fact a warrant may be issued upon probable cause to enter a person's home. Whether you agree with this or not it is in the Bill of Rights. So when our police officers do

appear at a household with a warrant the fact of the matter is they are there just doing their jobs and have just as much right to the use of self defense as any other citizen of the United States.

In the state of Michigan if a man attacks me with a knife I have the right to defend myself and so does every other citizen so why is it that people feel the police should be exempt from this right? Particularly when they work in a career that not only serves the community but potentially requires them to put their very lives on the line to do so? I have to say I am disappointed in some of the responses to the tragedy that has occurred in our community. Ask yourselves if this were a person who attacked an average citizen with a knife and was shot would you be judging the citizen who defended themselves so harshly. If not, you need to seriously reconsider judging a deputy sworn to "serve & protect" who risks his life every day for each and every citizen in this community for doing the same thing you wouldn't judge a non-officer for.

Michelle Rowden  
Frederic

### We will never forget the tireless efforts of the power company crews

To the editor:

I would like to direct this letter to all the wonderful personnel in the many motels and hotels in the surrounding areas. Every one of you deserve a huge raise for your wonderful performance during our recent power shortage during the enormous winter storm we all endured.

We called and went several places looking for shelter. Every person we contacted was helpful in finding us a

place to stay. Not only were rooms short but the linen problem was surmounted with much difficulty. Every one of the many workers who make one's stay comfortable deserve gold medals and big raises.

We will also never forget the tireless efforts of the power company crews who worked so hard for all of us. A job well done to all.

Marlene Harris  
Grayling

## Crawford County Avalanche

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Check us out on the internet  
crawfordcountyavalanche.com

The opinions expressed in the letters and columns on this page are solely those of the writer and do not necessarily reflect the views and opinions of the Crawford County Avalanche.



# Briefs

## COA to offer series of presentations

The COA will present a series of presentations "Planning for Peace of Mind" The series "Consider the Conversation" will be held on March 15, from 6 p.m. to 7:30 p.m., "I'll never need that form" on March 22, from 6 p.m. to 7:30 p.m. and "Medicaid - Will I need it?" on March 29, 6 p.m. to 7:30 p.m. All presentations are free and open to the public. For information, call 989-348-7123.

## Bowling event to help softball teams

The Grayling High School softball program will host its annual Bowling Fundraiser on Saturday, March 24, at 6 p.m. at the American Legion in Grayling. Cost to participate is \$25 per person, which covers three games of bowling and shoes. Food will be provided. The event will also have a 50/50 drawing and a variety of prizes. Call Lindsay Smith or Sarah Allen at 344-3508 for more information or to sign up.

## Community calendar available online

The Crawford County Avalanche has a community calendar on its Web site. To view area happenings, or to be considered for publication of your event, go to [crawford-countyavalanche.com](http://crawford-countyavalanche.com), click on community and go to the community calendar.

## Senior Citizen News

Join us for a meal either at noon or 5 p.m. weekdays, except Friday, when there is no evening meal. Soup or salad bar served prior to the meal Monday through Thursday.

This week's menu (lunch/dinner) and activities:

Friday, March 16 - Lunch - chicken tenders, scalloped potatoes, green beans and potato sections. No Dinner. 10 a.m. card golf, 12 p.m. Lovells Satellite Meal, 1 p.m. Pantry Bingo and Pool-9 Ball.

Monday, March 19 - Lunch - lemon pepper chicken with noodles, broccoli, carrots and fruit cocktail. Dinner - stuffed peppers, mashed potatoes, asparagus and peaches. 10 a.m. quilting, 12:30 p.m. Zumba Gold, 1 p.m. - 4 p.m. hearing clinic-appointment required, 1 p.m. Bridge, 1:30 p.m. Clogging, 2:30 p.m. Bunco.

Tuesday, March 20 - Lunch - BBQ pork sandwich, cole slaw, baked beans and watermelon. Dinner - chicken alfredo, carrots, broccoli and plums. 10 a.m. Bible Study and

Zumba Gold, 1 p.m. Euchre, 1 p.m. - 5 p.m. foot clinic- appointment required, 4 p.m. - 5 p.m. blood pressure/sugar checks.

Wednesday, March 21 - Lunch - pollock, boiled redskins, snow peas and applesauce. Dinner - chicken fried steak, Brussels sprouts, carrots, pears and carrot cake. 10 a.m. line dancing, 1 p.m. pool - Ball in Hand, Wii Bowling and Mahjong.

Thursday, Feb. 24 - Lunch - Italian sausage with green pepper and onions, mashed potatoes, mixed vegetables, cherry yogurt and a cookie. Dinner - turkey with stuffing and gravy, green bean casserole, corn and an orange. 10 a.m. crafting and Pokemo, 1 p.m. Uno Attack, Unlucky 7's, Pool - 8 Ball, 3 p.m. Medicine Shoppe Bingo, 6 p.m. Cardio and Moving Forward - "I Don't Need that Form".

The Crawford County Commission on Aging's Senior Center is located at 308 Lawndale, behind Burger King in Grayling. Walk-ins are welcome.

## Caregiver workshop to be offered in Grayling starting March 20

Are you caring for a family member or close friend with memory loss? Have you started to have difficulty communicating with your family member? Are you frustrated with his or her inability to do simple things? Have you noticed changes in your family member's mood or personality? Does your family member exhibit decreased judgment?

If you answered yes to any of the above questions, the Creating Confident Caregivers workshop will help. You can learn about dementia and its effect on the brain, available resources, managing behaviors, improve your skills as a caregiver, how to handle everyday activities more easily, and how to take care of yourself to better take care of a loved one.

The Creating Confident

Caregivers program, utilizing the University of Minnesota's Savvy Caregiver Program, is designed to assist persons caring for family members with a dementia related illness such as Alzheimer's disease, closed head injury, dementia due to stroke, et cetera. The program has been proven to reduce the stresses of caregiving by providing tools and information to help empower caregivers.

The class is a 6-week course, starting March 20, and will meet from 1 p.m. to 3 p.m. weekly at the Grayling City Hall.

There is no charge to caregivers for the workshop or any of the materials that are provided. Respite services are available during classes. To register or for more information, call 989-348-4383 and ask for Jill.

## Awakening the Dreamer workshop to be held at St. Mary's church

An interactive workshop designed to speed the human community's awareness and action about healthy food, land, water and the environment will take place on March 24 at St. Mary's Catholic Church in the Family Center in Grayling. During the workshop, the rights of all people to have clean water, healthy food, clean air and environment will be examined.

It will be facilitated by Candice Johnson, RSM, and Marian Schultz, RSM, who are Sisters of Mercy from the Detroit area. Check in begins at 8 a.m., with the presentation beginning at 8:30 a.m. Lunch to follow at 1 p.m., courtesy of the Knights of Columbus.

The workshop is designed for adults and high-school students, and free to all to attend.

Registration is required, call Yvonne at 989-348-

## United Way to hold annual meeting, seeks board members

Crawford County United Way will hold its Annual Meeting next week and is seeking to fill two vacant seats on its board of directors.


Those interested in serving on the board are asked to draft a letter of interest and mail it to CCUW, P.O. Box 171, Grayling MI 49738, or email the letter to [crawforduw@gmail.com](mailto:crawforduw@gmail.com) as soon as possible.

Board members are expected to attend monthly meetings held in Grayling and participate in community service projects, assist in funding decisions and fundraising events, such as Celebrity Server Night slated for Wednesday, March 28, from 5 p.m. to 8 p.m. at Spike's Keg 'O' Nails.

The Annual Meeting will be held on Wednesday, March 21, at 5:30 p.m. in the meeting room of the Devereaux Memorial Library, 201 Plum Street in Grayling. The public and those interested in serving on the board or volunteering are encouraged to attend.

For more information, call (989) 350-4462 or email your questions or concerns to [crawforduw@gmail.com](mailto:crawforduw@gmail.com).

## RIALTO THEATRE



### "The Vow"

(PG-13)

FRIDAY, MARCH 16TH  
THRU  
WEDNESDAY, MARCH 21ST  
THURSDAY, MARCH 22ND

FILM CLUB PRESENTATION:  
"NOSTALGIA FOR THE LIGHT"

VISIT [RIALTOFILMCLUB.COM](http://RIALTOFILMCLUB.COM)

### Special Schedule

FRI. & SAT. 7:00PM ONLY  
SUN. & WED. 7:30PM ONLY  
THURS. 7:15PM ONLY  
CLOSED MON. AND TUES.

JOIN US ON RACE DAY  
AT THE

## American Legion Post 106



### Karaoke w/ Dodie

every Friday  
night at 9pm

Come sing  
with us!

**American Legion  
Lounge & Lanes**

106 S. James St. • Grayling  
989-348-7232



## Classy CHASSIS

**2012 Buick Regal**  
at Leelanau Sands Casino


GRAND PRIZE SLOT TOURNAMENT  
SUNDAY MARCH 25  
AT 8:45PM

WIN YOUR SHARE OF \$6,000 CASH  
6PM - MIDNIGHT

**2012 BMW 328i**  
at Turtle Creek Casino

GRAND PRIZE SLOT TOURNAMENT  
THURSDAY MARCH 29  
AT 8:45PM

WIN YOUR SHARE OF \$6,000 CASH  
6PM - MIDNIGHT



DAILY FREE KIOSK ENTRY

Available until 8pm night of Grand Prize drawings.  
Earn 100 new base points for one additional entry, NO LIMIT.  
Earned entries close at Midnight before each Grand Prize Drawing.



WIN TABLE GAMES BONUS ENTRIES



Thursday at both casinos from NOON to 5PM

# 2X

POINTS

Wednesdays 11am - 7pm

## Library News

Help us party like it's 2002 at Devereaux Memorial Library's 10th Anniversary Open House on Thursday, March 15. Beginning at noon, join us for cookies, punch and memorabilia...then at 6 p.m. we are holding a reception with music, hors d'oeuvres and dedications. Come one, come all and help us reminisce on just what a treasure we have in this beautiful library.

"Teen Frederic" will meet at our new Frederic Community Library located in the Frederic Township Offices, 6470 Manistee Street. Teens and tweens can help break in (not literally) the new place on Friday, March 16 at 6 p.m. and enjoy games and snacks.

A ribbon cutting ceremony

and the "Grand Opening Celebration" of our new improved Frederic Community Library will be held on Saturday, March 17 at 11 a.m. Magician Nate the Great performing at 11:30 a.m. followed by delicious food and lively music. Come see our new digs and help us celebrate St. Patrick's Day in style. (New address: 6470 Manistee Street, Frederic.)

Capture a critter you create yourself at the "Pom-Pom Pets" program at Devereaux Memorial Library on Thursday, March 22 at 3:30 p.m. Kids ages 6-12 will have an egg-celent time at this Easter event filled with stories, crafts and a snack, too. Sign up by calling Jane at 989-348-9214.

## Raffle Winners

### Grayling Youth Booster Club

The 50/50 raffle winners for March 11 of \$25 each; Laura Fitzpatrick, Don Fairbotham, Jackie Weaver, Terry Norman, Rick Young and Jan Thorne.



*The Ole Barn Presents*

**Allen As Tim and the Dance Hall Rockers**

paying tribute to:

# Tim McGraw

[www.allenastim.com](http://www.allenastim.com)

**St. Patty's Day**  
March 17th at 9pm

**\$8 advance • \$10 at the door**

Save some cash! Stop in today & get your tickets!

**The Ole Barn**  
6811 W. M-77  
989-344-7766

## The Bible Speaks

### Comfort of the Scriptures

"4For whatsoever things were written aforetime were written for our learning, that we through patience and comfort of the scriptures might have hope." (Romans 15:4) God's Holy Scriptures give us all the truth we need for learning and knowing about salvation, sanctification, and service. He is the God of patience who teaches us through the scriptures to bear up under pressure. God is also the God of all comfort. 3Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort; 4Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God." (2 Corinthians 1:3,4).

God gives us comfort through faith in His Holy Scriptures. He tells us of His love for us. He tells us of how to have forgiveness of sins and eternal life. He promises us His presence, His powers, His plans and purpose for our lives; and He assures us He will continue to provide His blessings for us in all areas of life for both time and eternity. His Holy Scriptures teach us where we came from, why we are here, and where we are going to spend eternity.

Jesus came to comfort us and promised us the Holy Spirit as another Comforter in John 14:16,17: "16And I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever; 17Even the Spirit of truth; whom the world cannot receive, because it seeth him not, neither knoweth him: but ye know him; for he dwelleth with you, and shall be in you."

Jesus also promised in John 14:18 to never leave us comfortless, but He will come back to earth to be with us and comfort us: "18I will not

leave you comfortless: I will come to you." The Greek word translated "comfortless" here is "orphanos." In other words, he is saying He will never leave us spiritual orphans or fatherless. The same Greek word is translated fatherless in James 1:27: "27Pure religion and undefiled before God and the Father is this, To visit the fatherless and widows in their affliction, and to keep himself unspotted from the world."

The Holy Spirit comforts us through the promises of God's Holy Scriptures. "26But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you." (John 14:26). Ephesians 6:17 tells us the sword of the Spirit is the word of God. The Holy Spirit wrote the Scriptures and He uses them as our indwelling Holy Comforter to comfort us through all our troubles and tribulations. "50This is my comfort in my affliction: for thy word hath quickened me." (Psalm 119:50). "76Let, I pray thee, thy merciful kindness be for my comfort, according to thy word unto thy servant." (Psalm 119:76).

God wants us comforted. He said in Isaiah 40:1: "1Comfort ye, comfort ye my people, saith your God." God tell us to comfort each other: "11Wherefore comfort yourselves together, and edify one another, even as also ye do." (1 Thess. 5:11). Even in the death of family or friends we can share God's words to comfort each other. (1 Thess. 4:13-18). "18Wherefore comfort one another with these words." Pastor "B"

The Bible Speaks is a paid advertisement and does not necessarily reflect the views and opinions of the Crawford County Avalanche.

## Sheriff's Report

Crawford County Sheriff Kirk Wakefield reports his office handled the following 86 complaints the week of March 5 - March 11.

Two EMS responses, 16 general non-criminal complaints, 12 false alarm activations, one aggravated assault-family-other weapon, one burglary-forced entry-residence, two larcenies, one damage to property complaint, two damage to private property complaints, one drug/narcotic violations, one marijuana possession, one obstructing justice, one disorderly conduct, five public peace/disorderly complaints, four health and safety complaints, one trespass, one conservation, two violation of conservation laws complaints, three miscellaneous arrests, 11 traffic accidents, one accident-non-traffic, one traffic violations-civil infraction, one hazardous condition, one accident-all other, five investigations-family trouble, six suspicious situations, one driving on revoked/suspended license complaint and two reckless driving complaints.

Sheriff Wakefield asks, "Do you know where your children are? Please remember, our children are our future."

### In Memory of

Still Missing You! Ray Ingalls, March 1, 1964 - March 20, 2007.

Those we love don't go away. They walk beside us every day. Unseen, unheard, but always near. Still loved, still missed and very dear. Love you Ray.

Joy, Joe, Mom, Dad, family and friends

## Dulkowski, Schneider engaged



### Kaitlin Dulkowski and J.C. Schneider

Greg and Mary Dulkowski of Wellington, Fla., announce the engagement of their daughter, Kaitlin Nicole Dulkowski to J.C. Schneider, son of John and Kelly Schneider of Grayling.

The future bride graduated from Florida Gulf Coast University with a bachelor of arts in Elementary Education. She is currently

employed as a teacher at the Grayling Cooperative Preschool, as well as a waitress at West Side Diner.

The future groom is a 2006 graduate of Grayling High School. He is a sheriff deputy in Ogemaw County.

A July 2013 wedding is planned and the couple will reside in Grayling.

## Range Firing

Range activities scheduled at Camp Grayling for the period March 22-28:

The 40 Complex, air to ground, located north of County Rd. 612, east of Guthrie Lake, south of Old State Rd. 618, and west of County Rd. F97 (Twin Bridge Rd.), March 22-23 and 27-28.

Small arms ranges, located north of Howe Road, east of the gas pipeline, south of Portage Creek and

west of Lake Margrethe, March 27-28.

This firing schedule is subject to change without notice.

Contact the Grayling Department of Natural Resources for the areas closed for hunting within the boundaries of the installation. Grayling DNR telephone number: 989-348-6371.

For further information call 989-344-6100.

## Obituaries

### Phyllis J. Kren

Phyllis Jean Kren, 89, of Bridgeport, passed away Wednesday, March 7, 2012 at Tendercare of Gaylord.

Phyllis was born in Monroe, on November 24, 1922 the daughter of the late Einer and Hattie (Gierke) Rasmussen.

She married Nelson Kren August 19, 1950. He predeceased her September 26, 1999.

Phyllis served in the United States Navy from 1943 - 1945 as a Pharmacist's Mate. She was based at Bainbridge, Maryland, but served in Pearl Harbor, Hawaii.

She was a member of Bridgeport Community Church; served as a volunteer at Covenant Healthcare for 6000+ hours. She worked at Jacobsen's for many years, Mahar Tools, Bridgeport Township Offices and Saginaw General Hospital, where she retired from the Admitting Office.

She was an avid reader. She loved being outdoors and both "hated" and "loved" raking leaves in the fall.

Phyllis is survived by three sons: Thomas N. (June) Kren, Thomas P. (Mary) Nelson and Jonathan N. (Katherine) Kren; nine grandchildren; 10 great-grandchildren; a brother, Earl "Murray" Rasmussen; and a sister, Karen (Clare) Burns.

In addition to her husband, she was predeceased by her daughter, Shana C. Knarr (Nelson) in 2000; two sisters, Betty and Shirley; three brothers, Ralph, Robert and Walter.

The funeral service was held on Saturday, March 10, 2012 at Bridgeport Community Church, 3821 State St., Bridgeport. Rev. Ronald L. Sinclair officiated with early spring burial at Elmwood Cemetery, Grayling.

Those planning an expression of sympathy may wish to consider a donation to the Covenant Healthcare Foundation, www.casefuneralhome.com.

### Floyd J. McClain

Floyd John McClain, 89, died peacefully in his sleep on March 7, 2012.

Floyd grew up in Grayling, and served as the 1940 GHS class president.

He enjoyed the area's hunting, fishing, and golfing opportunities when he wasn't working at the Rialto Theater or tending bar at Duke's. After serving in the Navy during WWII, Floyd moved to Detroit and worked at J. L. Hudson Company for 36 years.

He is survived by his two devoted daughters, Colleen Volpe and Maureen McClain; and adoring grandchildren: Brady Goode, Devin Wozniak and Casey Goode. Floyd is also survived by brothers, Jerry (Wilda) and Robert (Marilyn); sister, Sally (Pappendick); sister-in-laws, Rita McClain and Sally Tobin; and brother-in-law, Robert Brady (Marilyn).

He was preceded in death by his beloved wife, Jean (Brady).

Floyd's life was celebrated in a private mass at St. John Bosco Catholic Church in Redford, on Saturday, March 10, 2012. His and Jean's ashes will be interred in Elmwood Cemetery in the City of Grayling.

Condolences may be sent to www.sorensonlockwood.com.

Arrangements entrusted to Sorenson-Lockwood Funeral Home.

# CHURCH

## Service

# DIRECTORY

**Burning Bush Tabernacle**  
Pastor: Patricia Petrie  
989-348-1278  
501 E. Michigan Ave., Grayling

- Sunday School: 10am
- Sunday Morning Celebration: 11am
- Wednesday Evening Service: 7pm

URL: <http://www.burningbushtabernacle.com>  
Pastor: [patricia@burningbushtabernacle.com](mailto:patricia@burningbushtabernacle.com)

**Calvary Baptist Church**  
Pastor: Dr. Robert Barnett  
Sunday School: 9:45am  
Morning Worship: 10:30am  
Evening Worship: 7pm  
Wednesday: 7pm  
Prayer & Awana Club (Wed): 7pm

989-348-9220  
M-72 West, Grayling

**St. Francis Episcopal Church**  
The Rev. Elizabeth M. Chace, Rector  
6441 West M-72, Grayling, MI  
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## Great Lakes Eye Consultants open downtown Grayling office

by Dan Sanderson  
Staff Writer

Eye care professionals, who have practiced in Grayling for the last nine years, have opened an office downtown to bolster their services in the community.

Great Lakes Eye Consultants opened an office located at 234 E. Michigan Ave., Unit 1, which is in the Gamble's Corner office building.

Since 2003, Dr. Peter D. Fedor and Judy Medemar, who specializes in treating eye muscle and optical disorders in adults and children, have worked with Dr. Rob Aubry and Dr. William Dean at AuSable Eye Care.

In the new location, Great Lakes Eye Consultants will provide comprehensive eye care, including yearly eye exams and will make contact lenses and glasses available.

Services offered, through laser and surgical procedures, include cataract surgery, offered in Grayling and Traverse City, treatment for glaucoma, diabetes, macular degeneration, dry eyes, cornea issues and treatment for droopy eyelids.

Fedor said cataract surgery is one of the most common surgical procedures being performed in the United States.

"As Baby Boomers are getting older, they are seeking more care and surgical help to preserve their eyesight," Fedor said.

Great Lakes Eye Consultants also offers specialized procedures and tests such as eye injections for macular degeneration and diabetes, corneal transplantation care, corneal topography and fluorescein angiography, which were not previously available in Grayling.

"This will make it so



Photo by Dan Sanderson

Great Lakes Eye Consultants opened an office located at 234 E. Michigan Ave., Unit 1, which is in the Gamble's Corner office building. Above, Dr. Peter D. Fedor and Judy Medemar, who specializes in treating eye muscle and optical disorders in adults and children, are pictured in one of the patient consultation rooms.

patients do not have to travel to get those services and that was the main reason for us coming here," Fedor said.

Along with working with adults, Medemar will focus on pediatric eye care at the Grayling office.

The Grayling office for Great Lakes Eye Consultants will be open on most Thursdays and

Fridays.

The schedule is dictated by surgeries and post-operative consultations that Fedor has at Mercy Hospital Grayling.

"It's all based around the surgery schedules, but we try to be here at least once a week," Fedor said.

To contact Great Lakes Eye Consultants, call (989) 350-6500.

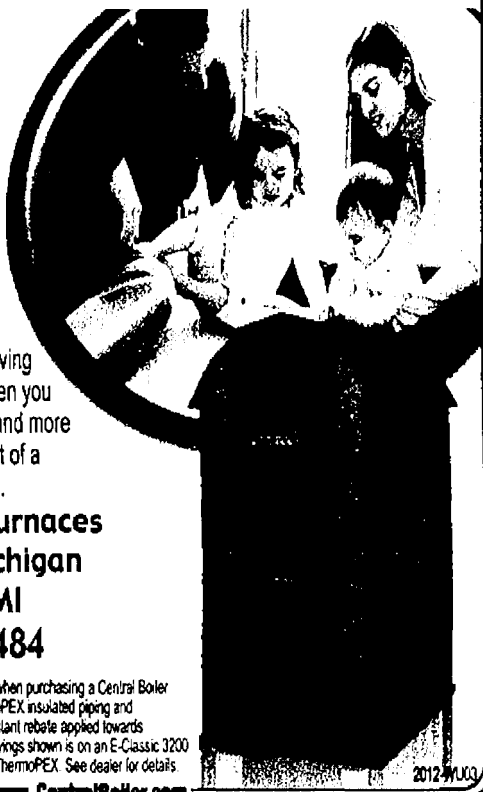
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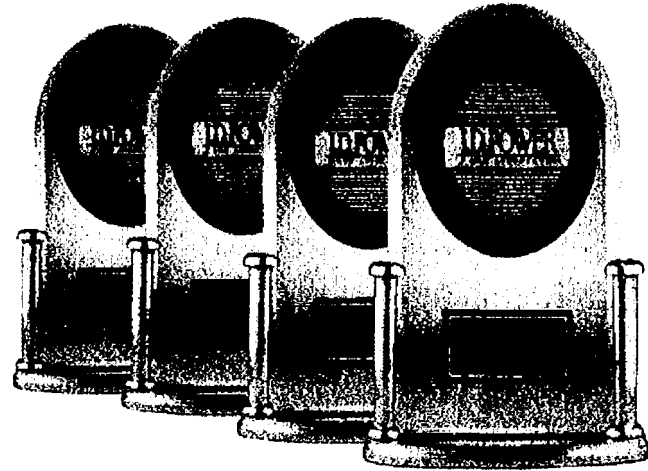
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## Future of Grayling Fish Hatchery remains in limbo due to finances

Continued from Page 1  
 "They've done a lot and they've really branched out," Compo said.

Rick Anderson, vice chairman of the Crawford County Board of Commissioners, is the county board's liaison to the GRA. He added that GRA is organizing adult leagues and events for the pair of disc golf courses located at Hanson Hills, made possible by support from the Grayling Rotary Club.

"That's a real money maker out there if they can get that off the ground," Anderson said.

Options presented by Compo last week included subsidizing the fish hatchery with funds from money for the county's general fund or filling in the raceways and ceasing hatchery operations.

Compo told the board the county is already financially committed to purchasing an office building on Norway Street for District Health

Department #10, replacing the roof on the county building and county jail and replacing 911/central dispatch consoles.

Dave Stephenson, chairman of the Crawford County Board of Commissioners, said he did not believe it was feasible for a county entity to run the fish hatchery.

"What other options do we have," Stephenson said. "I don't think we want to run it at a loss either."

The county board asked for an official letter from the GRA board if it indeed wants to sever its tie from the fish hatchery.

"It is just another casualty due to the poor economy," Compo said.

In 1914, Grayling lumber baron Rasmus Hanson purchased land on the AuSable River, collected donations from friends and local fishermen and established the private hatchery where they hoped to raise grayling from eggs and release them into

the wild.

Hanson and his friends failed to save the native fish, whose habitat was destroyed by floating logs down the river to local lumber mills, but their work with brook and brown trout succeeded.

Grayling residents banded together in the early 1980s and received permission from the state to open the hatchery after it had been closed for several years.

Thousands of school groups, tourists and residents visit the hatchery every summer.

The Fish Hatchery Committee completed a project to restore the fish hatchery grounds through a \$464,000 Department of Natural Resources grant in 2005.

County Commissioner Scott Hanson said he believes that more effort needs to be put into keeping the fish hatchery open before just shutting down operations.

"It's just a terrible shame to lose that facility," Hanson said. "I can't see us filling in those raceways. They need to find a way to keep that going."

Hanson was not opposed to supporting the fish hatchery with funds from the county coffers. He and Anderson were put in charge with finding a civic group, Trout Unlimited members or even a private enterprise that would keep the fish hatchery operating.

"I think it's well worth it to keep that asset in our community open," Hanson said.

Crawford County Commissioner Shelley Pinkelman said there are also federal Juvenile Justice and Delinquency Act grant programs, which could be accessed by the schools or the courts, to help support the fish hatchery.

"If you can come up with a program that would work in your area, there's money and lots of it," she said.

## MR. PEACE ENCOURAGES STUDENTS TO FIND GOODNESS IN EVERYONE TO STOP BULLYING

Continued from Page 1  
 addressed a school in California with 2,000 students. At the assembly, a

paralegal girl struggled to make her way to the microphone. When she finally made it, she said, "I love that boy," referring to the popular quarterback of the football team. The entire student body erupted into laughter. Instead of joining in, the student athlete went and hugged the girl. The rest of the students followed suit, each hugging her over a two-hour period.

"That's all it takes to lift someone up into the skies or to cut them down to nothing," Szawala said.

Grayling Middle School student Rose Griffin said bullying is a topic that needed to be addressed.

"It was a much needed talk," she said. "Bullying is bad. I hate bullying."

Dillion Messenheimer was also impressed.

"I thought it was really quite inspirational," he said.

Grayling Middle School student Karlie Wilson was pleased someone was brought to the community to address bullying.

"I thought it was really good," Wilson said. "It means a lot that people will stand up against bullying others."

Szawala had a roller coaster ride of a day last week, since he ran out of gas nearing Roscommon. He ran to get gas in order to make his speaking commitments in Grayling.

"It's been amazing," The kids have reached out so much today. They're going through a lot of pain in their

lives for sure. Seeing them come up to me afterwards and say it had an impact on their heart and they're going to treat people better because of it, that's what keeps me fulfilled and keeps me going."

Crawford AuSable Schools Superintendent Joe Powers said the school district has had an anti-bullying policy for several years.

Michigan lawmakers recently passed legislation, mandating that all school districts adopt anti-bullying policies.

Powers said a public hearing would be held at the Crawford AuSable School Board's meeting in April to make a few changes to its policy to meet state requirements.



### March 2012:

Handmade Earrings with Nancy Cornett:  
 March 3, 1-4:00 p.m.  
 Pottery with Carol Meier:  
 March 7, 14 & 21  
 Basic Photography with Thomas Dean:  
 March 10, 1-4:00 p.m.  
 Microsoft Office for Adults with  
 Clay Horton:  
 March 13, 20, 27, 6-9:00 p.m.  
 April 3, 10, 17  
 Handmade Bracelet with Nancy Cornett:  
 March 17, 1-4:00 p.m.

Drawing for Kids with Chris White:  
 Ages 12 and Up  
 March 22, 29 & April 5, 4-5:30 p.m.  
 Art & Cell & Business Card Cases with  
 Sandy Figley:  
 March 24, 1-4:00 p.m.  
 Lampwork Bead Making with  
 Annmarie Stanses:  
 March 31, 10 a.m.-4:00 p.m.

### April 2012:

Poetry Workshop with Aaron Raymond:  
 April 5, 12, 19 & 26, 6-8:00 p.m.

Drawing for Kids with Chris White &  
 Bernie Dosch:  
 Ages 6 to 12  
 April 12, 19 & 26, 4-5:30 p.m.  
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## Heart disease: first signs different, but threat similar for men and women

(ARA) - While heart disease continues to receive a lot of attention, certain myths surrounding the disease persist.

A couple of the most common myths are that heart disease is more common in men than women, and that the first signs of a heart attack are the same for both men and women, says Dr. Mary Ann McLaughlin, medical director of the cardiac health program at The Mount Sinai Medical Center in New York.

Heart disease remains the leading cause of death in men and women in the United States, affecting both sexes relatively equally. "Women are more afraid of dying from cancer," says McLaughlin. "But in fact, they are much more likely to die from heart disease."

Also, the first signs of a heart attack can manifest themselves in different ways between men and women. While both men and women can experience the more well-known symptoms like chest pain or tightness and a shooting pain in the left arm, here are the most common differences in symptoms by sex, according to McLaughlin.

The more obvious symptoms are more prevalent in men, which might be why research shows that men go to the emergency room with symptoms much earlier in than women.

More subtle symptoms are more likely in women. These

include shortness of breath, sweating or dizziness, nausea, severe fatigue, sudden sleep disturbances, pain radiating through the jaw, small of the back or between the shoulder blades

"Women with diabetes are about twice as susceptible to heart attacks as men with the condition," says McLaughlin. "Increased risk factors for women also include having an autoimmune disorder and a history of gestational diabetes or preeclampsia during pregnancies."

Knowing the first signs of a heart attack is important, but reducing your risks for heart disease is the best way to avoid experiencing one. McLaughlin offers the following tips for a healthy heart:

- Reduce salt intake. Limiting your consumption of processed foods can help with this, as they are often high in salt.

- Choose your fats wisely. Use olive oil instead of butter, snack on nuts instead of other sugary and high-fat snacks, and take supplements like flax seed oil that can boost your levels of omega-3 fatty acids, which can reduce artery inflammation. Consuming more omega-3s can also help you reduce your LDL (bad cholesterol) levels.

- Get regular exercise. A good rule of thumb is when balanced with a proper diet, 30 minutes of exercise a day will help you maintain your current weight, while 60 min-

utes will help you lose weight. If that seems like a lot, try to work exercises in to your daily tasks by taking the stairs instead of the elevator or walking or biking to work. Maintaining a healthy weight lowers your risk for cardiovascular disease.

- Ask your doctor whether a daily regimen of low-dose aspirin would be appropriate for you, as it could lower your risk of a heart attack.

- Maintain a daily intake of 1,000 mg of vitamin D, which can be found in some of the same fatty fish that contain high levels of omega-3 fatty acids. Vitamin D supplements can also help you achieve this, as low levels are associated with heart disease and high blood pressure. Exposure to sunshine also helps your body produce vitamin D, but don't forget your sunscreen.

- Know your numbers. Your doctor can help you get your readings and give you advice on how to meet the following goals for optimum heart health:

Total cholesterol: less than 200

LDL (bad cholesterol): less than 100

HDL (good cholesterol): greater than or equal to 40

Total cholesterol to HDL ratio: less or equal to 4.4 for women and less than or equal to 5 for men

Triglycerides: less than 150

Blood pressure: less than 120 systolic and less than 80

diastolic

Non-fasting glucose: less than 120

Fasting glucose: less than 100

Hemoglobin A1c: less than 7

To learn more about heart disease and care, and to hear stories from patients who have experienced heart disease, visit [www.mountsinai.org/heart](http://www.mountsinai.org/heart).

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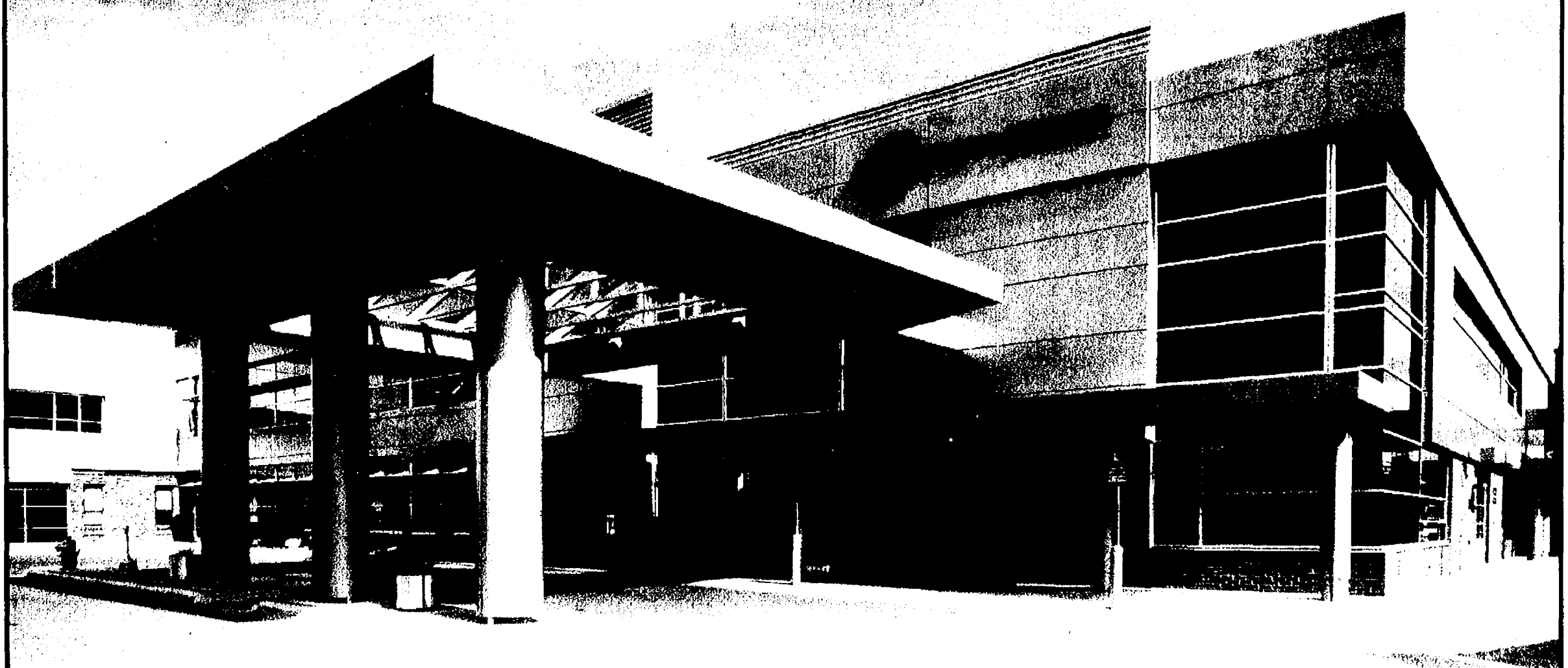
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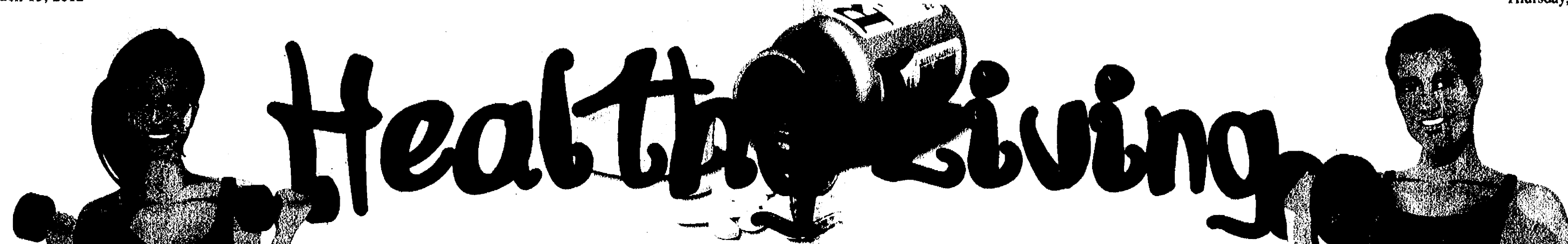


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## More Americans looking to food as a source for everyday wellness

(ARA) - It was about 60 years ago that processed foods and fast-food outlets started to become mainstays of the American lifestyle. The fast-food culture that developed tended to view eating as an inconvenience, providing basic fuel for the day and not much else. More than half a century later, many Americans are more particular about the foods they choose for themselves and their families. In fact, people are seeking out the added health benefits that can be provided by functional or "super" foods. According to the 2011 IFIC Functional Foods Survey, as many as 90 percent of Americans can match at least one food with its associated health benefit. Popular functional foods

like fruits and vegetables, fish and fish oil, whole grains, tea and green tea were among the foods Americans look to the most to maintain or improve their health. This apparent increase in the awareness of good nutrition bodes well for the future, and may partly explain the recent uptick in discussions about health-related concerns. However, while knowledge of functional foods is increasing, health care costs and astronomical obesity rates seem to demonstrate that knowledge doesn't always reflect action.

"The good news is that nutrition education is working to raise awareness of the health benefits of nature's ingredients, but the ongoing challenge is to translate awareness into behavior modification," says registered dietitian Ashley Koff, whose nonprofit tool, "Ashley Koff Approved", helps people identify products that meet a high standard of nutrition and marketing integrity. "A major impediment to making change continues to be the perception that it will

require an expensive and complicated total diet overhaul. I strive to communicate that dietary improvements are very simple, affordable and enjoyable. For example, add a cup of tea to your day - all you need is water and a tea bag. Koff's easy-to-follow tips for improving wellness through dietary habits include:

- Minimize the added sugar - Many products that you may not expect like tomato sauce and breads have added sugars, so make sure to check the label before you make a purchase.
- Start your day off right - Eat a complete, well-balanced breakfast and try adding a cup of tea - white, green, black, oolong or herbal - for antioxidants (nature's clean-up crew) and other health benefits.

Celestial Seasonings offers a variety of green teas and wellness teas that are delicious, natural and healthful. • Focus on a balanced diet - The best bet for optimal energy is a nutrition plan comprised of four pillars: quantity, quality, frequency and balance. • Think evolution, not revolution - It will seem less stressful to think about making exchanges rather than omissions to your diet (and stress reduction puts another check on your health report). You get the biggest health benefits by improving the quality of the items you consume most frequently, so focus on upgrading your daily staples. For instance, select items that do not use potentially harmful pesticides, choose to eat raw, whole (versus processed) vegetables, drink water with lemon or eat a piece of fruit instead of limit fruit juices.

• Incorporate color - Count the colors you consume and challenge yourself to see how many colors you can include in a single meal. Of course, it's important to remember that the good colors are those found naturally in fruits and vegetables. It's safe to say that Americans will occasionally indulge in nutrient poor meals this year. But perhaps we'll be enjoying more healthful foods, too, as many of us strive to achieve a more optimal wellness level.

Healthy living is all about making smart choices for your body, diet, mind and overall well-being. The following tips can help you stay active and grounded to provide your goal of happiness and a healthier lifestyle. • Discover a new hobby. Outdoor activities are great ways to get regular exercise that's enjoyable and rewarding. Cold-weather sports are exhilarating hobbies, and the slopes are open until March or April. Other uplifting physical activities with hobby potential are biking, running, rock climbing, horseback riding, dance and martial arts.

## Help smokers keep resolutions and stay on track to quit - simple tips and tools

(ARA) - Every year, people across the country make resolutions to quit smoking. Research shows that less than 5 percent of those who quit without assistance are successful in their quit attempt. Quitting smoking is one of the hardest things to do. On average, it takes a smoker up to nine attempts to quit before they're able to do so successfully. Every relapse begins with smaller lapses - so quitters shouldn't stop trying after a lapse.

• Smokers need a variety of tools to help them quit. Even if you lapse when quitting smoking and have a cigarette, there are still opportunities for you to achieve your goal of quitting smoking successfully," says Saul Shiffman, PhD, an addiction and dependence expert at the University of Pittsburgh and a world-renowned researcher in behavior change and relapse, and paid consultant to GlaxoSmithKline Consumer Healthcare. To work toward

a resolution to quit smoking, Shiffman recommends these tips:

- Determine the best tools to help you quit smoking. Make a plan to help you quit successfully. Personalized quit plans can help a smoker make it through their quit attempt.
- Use nicotine replacement therapy (NRT). NRT doubles a smoker's chances of quitting smoking successfully versus placebo and numerous studies have shown it significantly increases a smoker's chances of quitting long-term. NRT, like nicotine gum or nicotine patch, helps relieve cravings and withdrawal symptoms associated with quitting smoking, without exposing the quitter to the carcinogens and toxins from cigarette smoking. One recent study even showed that continuing to use the nicotine patch helps smokers recover from lapses in their quit attempt - it is essential to continue your quit attempt, even after

lapses. For best results, you should follow the label and use the amount recommended for the duration recommended.

- Quit with a support network in place. Many studies have shown that combining NRT with behavioral support can increase a smoker's chances of quitting successfully. You can get behavioral support through your own personal network of family and friends, a counseling program or hotline, or an online smoking cessation resource like Blueprint to Quit, which provides smokers access to trained experts and quitting materials. In addition, behavioral support can provide you with tips on how to get back on track if you lapse.
- Reward yourself along the way. To help with quitting smoking and managing difficult cravings, it helps to reward yourself throughout the quit process - even if you lapse and slip back into smoking. One cigarette

should not ruin a quit attempt. Reward yourself for the progress you've made, even if it hasn't been perfect. For example, use the money you save from no longer buying cigarettes to buy yourself a treat at the end of the week.

- Change up your daily routine. Quitting smoking is a two-part problem - both a physical addiction and learned associations with cues that produce cravings for nicotine. To avoid those behavioral cravings, change your daily routine during times when you would normally have a cigarette, like driving to work or after a meal. "If you're used to staying at the table and having a cigarette after a meal, get up and move on to something else, so you don't feel the craving," Shiffman says. For more information about how to keep your resolution to quit smoking, visit [www.committedquitters.com](http://www.committedquitters.com).

## Healthy living tips to whip mind, body into shape

Healthy living is all about making smart choices for your body, diet, mind and overall well-being. The following tips can help you stay active and grounded to provide your goal of happiness and a healthier lifestyle. • Discover a new hobby. Outdoor activities are great ways to get regular exercise that's enjoyable and rewarding. Cold-weather sports are exhilarating hobbies, and the slopes are open until March or April. Other uplifting physical activities with hobby potential are biking, running, rock climbing, horseback riding, dance and martial arts.

Try something new at the farmers market. Don't get stuck in a rut by eating the same boring veggies; locate the nearest farmers market for fresh, seasonal produce. Try a new vegetable each week to up your intake and keep you interested. Unique veggies like kale, bok choy and butternut squash are high in fiber and antioxidants. Trust your mom, don't neglect breakfast. Morning preferences vary, but it's important for everyone to get an energy boost to face the day - and breakfast is a great way to do this. You should

wake up early enough to enjoy a meal, and if time is of the essence, rely on nutritious cereals or oatmeal. For afternoon tea time: go red. Red tea is the hot new health drink. Green tea and black tea are full of disease-preventive antioxidants, but they're also caffeinated. Red tea, or rooibos tea, has the same advantage of antioxidants without the consequences of caffeine. Plus, it's recommended to help with anxiety, tension, allergies and digestive issues.

Unwind with a daily stretch. Whether it's in between tasks at work or

after your commute home, stretching your muscles increases blood circulation, improves posture and induces relaxation. Consult yoga or pilates instruction for a new stretch each day to build up your repertoire and make it a daily habit. You'll notice long-term benefits like increased range of motion and less back pain.

## Portion control: the key to weight loss

(NewsUSA) - The rigors of appearing on the reality TV show The Biggest Loser led Lisa Mosley to the emotional breakthrough that empowered her to lose almost 100 pounds. But it was portion control that kept her losing weight when she returned home from the set.

"I live on the motto 'Moderation not deprivation,'" she says. "As soon as I got home from the ranch, I started using a small plate instead of big dinner plates. It has been extremely successful for me."

Mosley didn't start gain-

ing weight until she was about 20, when she began taking medication for a chronic anxiety disorder. The medication made her feel like a new person, but within six months she began to gain weight. Over the next 10 years she gained about 120 pounds.

By 2010, Lisa had suffered several personal setbacks. She had been laid off from her job, had lost her home and had no prospects to find work. The defining moment in her struggle to lose weight came when she discovered that her daughter

had stopped eating and drinking because she didn't want to be heavy like her mom.

That spurred Lisa to take action, including her willingness to bare her soul on The Biggest Loser.

When Lisa left the show, she had dropped 60 pounds. But she continued to lose weight, dropping another 37 pounds at home after she learned to control the size of her portions.

She recently became the national spokeswoman for Yum Yum Dishes, sets of hand-painted 4-ounce ceramic bowls. Tracy Adler, mother of two and former restaurant owner, created the bowls to help parents and kids control the size of their snacks.

"The idea for these dishes is what got me through this," Mosley says. "A lot of times when I have entered diets in the past, I went into it thinking I am never going to get a cookie, ice cream, or a piece of cake again. I was never successful with that," she adds. "These dishes remind you that your life isn't over and you are not going to be missing out."

Today Mosley works as a fitness boot camp instructor and personal trainer. She weighs about 190 pounds, wears a size 12 and is happy with herself.

"I am literally a different person," she says, "not just in how I feel physically but also how I feel mentally and emotionally."

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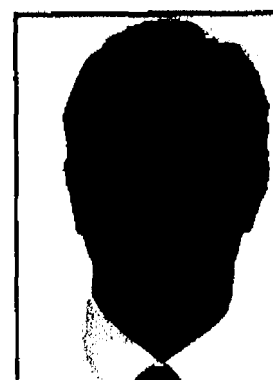


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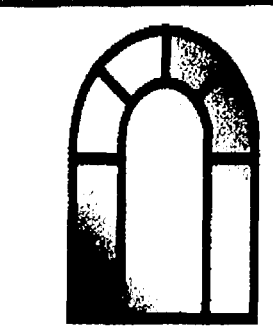
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## Medication safety for children: important advice for caregivers

(ARA) - Each year, an estimated 71,000 children are treated in emergency rooms for accidental medication poisonings, many of which are caused by dosing mistakes. Thankfully, while health care professionals or poison control resources resolve most issues, extreme cases that go untreated can result in complications, particularly in very young children.

"Many well-intentioned caregivers can get mixed up when it comes to administering medication," says Dr. Michael App, a pediatrician in Grand Rapids. "With so many factors playing a role in proper dosage, such as weight and age of the child, it is essential that caregivers closely follow the directions on the label to avoid potentially life-threatening mistakes."

Several manufacturers of the world's largest manufacturer of over-the-counter pharmaceutical products for retailers' store brands, has been investing in equipment to insert "flow restrictors" in the bottles of all of their pediatric acetaminophen products. Flow restrictors reduce the size of the bottle opening and limit access to the medicine

inside the bottle. Perrigo has added flow restrictors to all of its infants' products and began converting the packaging of all of its children's products with flow restrictors in January 2012. Perrigo is also participating in the Centers for Disease Control and Consumer Healthcare Products Association PROTECT initiative, which is bringing together experts to create strategies to reduce unsupervised medication ingestion in children.

Experts remind caregivers to be diligent and avoid these common medicine mistakes:

### Not paying attention to potential drug interactions

Caregivers should always check medication labels and take care to avoid administering multiple drugs at the same time, unless recommended or prescribed by a pediatrician. Also, before administering medicine, caregivers should always review the enclosed packaging materials and directions.

### Overmedicating due to measuring errors

When administering medicine, caregivers should always use the dosing device provided by the pharmacist or manufacturer, and never attempt to "eyeball" the proper amount. That household

teaspoon your mom used? According to a study in the International Journal of Clinical Practice, household spoons or similar objects can hold two to three times more liquid than standardized materials. Most pediatricians recommend using a syringe over any other dispensing device for the most accuracy.

### Basing the dose on age instead of weight

"Children grow at different rates, which makes it hard for parents and doctors to base dosage recommendations on age," says App. "Since children metabolize medicine differently depending on how much they weigh, this is how most manufacturers label their dosage recommendations - not based on age. This is especially important for children who are over- or underweight."

### Forgetting vitamins

As with adults, doctors need to know every medication or vitamin that a child is taking, as certain vitamins can decrease the effectiveness of medicines or cause complications. Caregivers should always have a list of medicines on hand that lists the types and dosage amounts of every medication, vitamin and supplement that a child takes, as well as a list of allergies.

### Not taking medicine as directed

Most prescriptions, especially antibiotics, are meant to be used in full. Even though a child may feel better, it is important to complete the dosage, or else the illness could recur. Furthermore, this practice can ultimately contribute to the development of antibiotic-resistant bacteria. In the same vein, caregivers should avoid giving leftover pills from a previous prescription for something they "self-diagnose" to be the same as a previous illness. It is also important to avoid giving medicine for any purpose other than that specified by the instructions.

### Failing to adhere to expiration dates

Manufacturers list expiration dates on packaging for a reason, as these dates are generally based on internal testing that demonstrates the longest period a medicine is known to be effective. Using medicine left in the cabinet after it has expired can result in reduced effectiveness.

"Parents should always ask their pharmacist or pediatrician if there are any special precautions or directions with any drug - over-the-counter or prescription - their child is taking," says App.

## Nip seasonal allergies in the bud

(ARA) - When everything comes up roses, so do spring allergies. Forty million Americans suffer from outdoor and indoor allergies in the United States, making it one of the country's most common, yet overlooked health conditions. In fact, allergies are the fifth-leading chronic disease in the U.S. for all ages.

Allergic symptoms occur when a person's body overreacts to "allergens," often referred to as triggers. While people can experience allergy triggers any time throughout the year, the pollen released from trees, grass and weeds in the spring is a big trigger

for many sufferers. Allergy symptoms may include sneezing; runny nose; itchy, watery eyes and itchy nose or throat.

More than 2 million school days and 4 million missed or lost workdays are racked up each year due to seasonal allergies. However, with proper management and education, allergy symptoms can be relieved, allowing adults and children alike to continue their favorite activities inside and outside.

"As an allergist, I'm often addressing my patients' concerns about treating their allergy symptoms with a medicine that can relieve their symptoms quickly and doesn't make them tired or groggy," says Dr. Eli Meltzer, Allergy & Asthma Medical Group and Research Center. "I often recommend a trial of the

newest option in the over-the-counter category, Allegra, to my patients. Allegra is the only branded antihistamine that combines fast, non-drowsy, 24-hour relief from indoor and outdoor allergy symptoms. Patients don't have to accept their allergy symptoms or dismiss the possibility of their relief."

Dr. Meltzer has some additional tips to reduce allergen exposure and/or relieve allergy symptoms this spring:

- Garden with greater ease: When doing yard work, keep hands away from your face to avoid contact with your eyes and nose. When finished pruning, planting and potting, don't bring gardening tools indoors, and immediately change into clean clothing. Showering following a gardening session can also

help reduce symptoms.

- Sleep more soundly: Place removable allergen-resistant coverings on mattresses, pillows and box springs, and wash your bedding in hot water every 7 to 14 days.

- Keep indoor air clean: Keep the windows in your home and car closed, and don't forget to change filters in air conditioning units and vents frequently this time of year.

- Monitor the pollen count: Seasonal allergy symptoms can flare up when pollen counts are particularly high. Before heading out, check the local news or Internet for current pollen counts. If high pollen counts are forecasted, take an allergy medication before symptoms set in, and keep outdoor activity to a minimum when possible.

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## District Champions

Grayling 71  
Houghton Lake 40

Viking players lift their team's District 63-B championship trophy following Friday's 71-40 victory at Houghton Lake in the district finals.



## Vikings clinch title with 31-point victory vs. Bobcats in finals

by Caleb Casey  
Senior Staff Writer

Grayling High School posted its second consecutive district championship for boys basketball with a 71-40 victory vs. the Houghton Lake Bobcats on Friday night.

The Vikings advanced to the Michigan High School Athletic Association's District 63-B finals with a 64-43 win vs. the Roscommon Bucks on Wednesday night in the semifinals, a contest played at Roscommon.

On Friday, the Vikings built a big lead early — they scored 19 of the game's first 22 points — against the Bobcats. Houghton Lake hosted the contest.

Grayling opened the game with an 8-0 run, scoring eight with a jump shot by Zane Tobin, an inside shot by Thomas Burrell, a lay-up by Tobin, and a drive by Riley Zigila.

The Bobcats hit their first basket of the match — a three-pointer — at the 5:29 mark.

Grayling scored 11 unanswered points, a series that included two baskets by Enos, a drive by Devon Dawson, lay-ups by Zigila and Tobin, and one free throw by Griffin Dean.

The Vikings took a 19-5 advantage into the second quarter.

Grayling scored the first five points of the second period with an inside shot by Enos and free throws by Tobin and Enos. Tobin, Burrell, and Scott Parkinson scored for Grayling in between three-pointers by Houghton Lake. The Vikings had a 30-13 lead with 2:51 left in the first half.

Grayling outscored Houghton Lake 12-3 in the last 2:50 of the second period. The series included (in order) one free throw by Jake Swander, a drive by Tobin, a lay-up by Zigila, a triple by Enos, an inside shot by Burrell, and a lay-up by Tobin.

The Vikings had a 42-16 lead at halftime.

Grayling scored 16 points (to Houghton Lake's 11) in the third quarter. Zigila and Burrell each had six of the 16. Enos, Dean, and Dawson also scored for GHS in the period.

The Vikings led by 31, 58-27, going into the fourth period.

Both teams scored 13 points in the fourth quarter and Grayling won by 31. The Vikings scored their 13 with (in order) an inside

shot by Burrell, a jumper by Tyler McClanahan, a three-point play by Dawson, an inside shot by Dean, one free throw from Louis Menard, and three free throws from Justice Junttila on two trips to the free-throw line.

"I was extremely pleased with our defensive intensity throughout the game. Our kids played with a lot of energy and were aggressive at the defensive end of the court. Our defensive pressure wore down Houghton Lake early in this game," Coach Rich Moffit said.

Grayling had evenly distributed scoring in the contest. According to the team, Tobin finished with 14 points, six rebounds, and seven steals. Burrell had 14 points, seven rebounds, and five assists. Zigila had 12 points and four assists. Enos finished with 11 points and eight rebounds.

"Offensively, we did an outstanding job of running our transition break. Tyler McClanahan and Jake Swander did an outstanding job of hitting our guys in the open court and running our break. We shared the ball, which was reflected by the fact that we had four guys in double figures. Seniors Zane Tobin, Steven Enos, Riley Zigila, Tom Burrell, Griffin Dean, and Devon Dawson played outstanding. Scott Parkinson played with a ton of energy and was very active defensively," Coach Moffit said.

"(Coach) LJ Mead has done an outstanding job of building a strong foundation for future success at Houghton Lake. The Bobcats will be a force to be reckoned with in the near future," Coach Moffit said.

Mead, before taking the coaching job at Houghton Lake, coached boys and girls basketball in Grayling for several seasons, including as a varsity assistant on Moffit's staff last year.

Grayling's district championship this year made it two in a row for the Vikings. They won a district title last season with a 54-40 victory vs. Houghton Lake (finals) and a 74-45 win vs. Cheboygan (semifinals).

"Great accomplishment for our team, winning back to back district champi-

onships," Coach Moffit said. "Proud of this group."

Grayling (18-4 overall, 11-3 league, 2-0 playoff) will play in regionals this week. (Update: The Vikings lost 75-45 vs. Cadillac on Monday night in a regional semifinal contest at Sault Ste. Marie.)

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**SORRY NO GROUP PHOTOS.**

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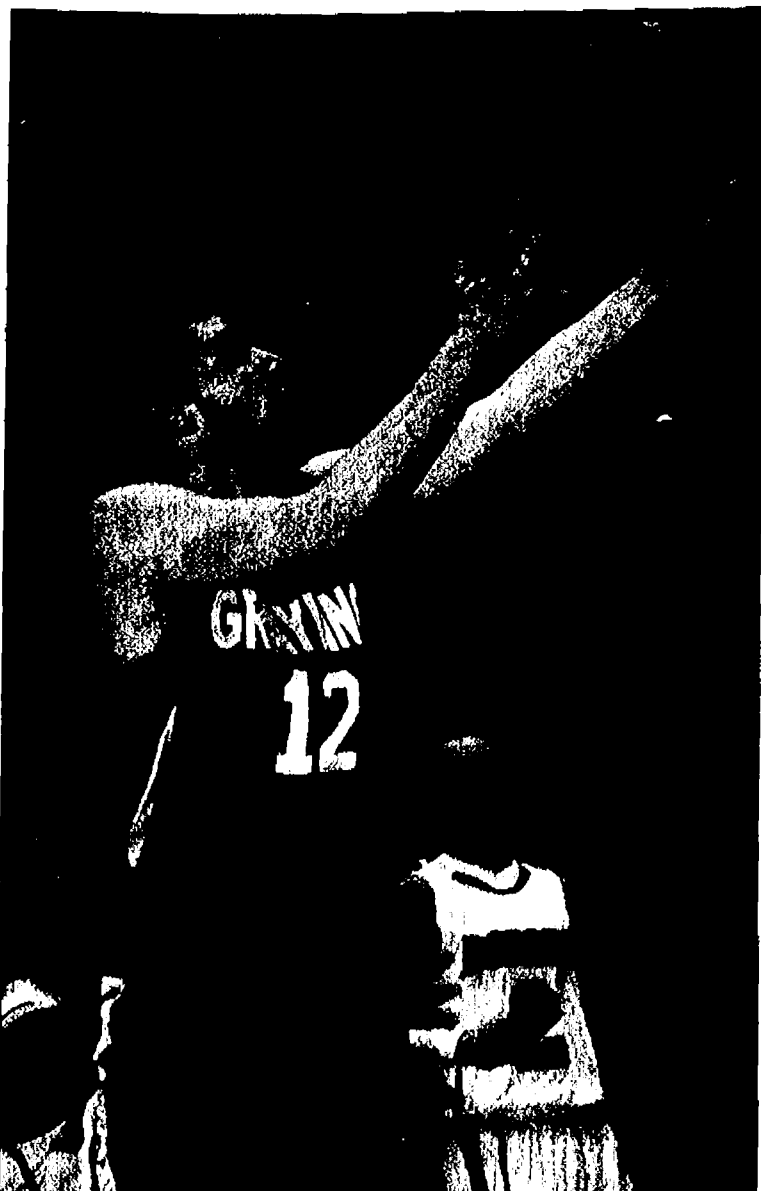
Child's Name: \_\_\_\_\_  
 Birthday: \_\_\_\_\_  
 Parent(s) Name(s): \_\_\_\_\_  
 \_\_\_\_\_  
 Grandparent(s) Name(s): \_\_\_\_\_  
 \_\_\_\_\_  
 Contact Person's Name: \_\_\_\_\_  
 Phone #: \_\_\_\_\_

Avalanche P.O. Box 490, Grayling MI 49738  
989-348-6811



All photos can be picked up at the Avalanche office after publication.  
**CRAWFORD COUNTY SWEETHEARTS - 2012**  
WILL BE PUBLISHED IN THE MARCH 22, 2012 ISSUE

Crawford County **Avalanche**

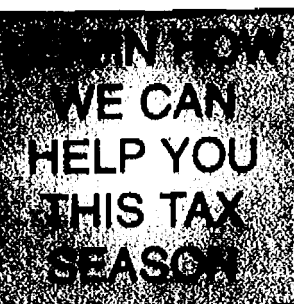


Zane Tobin shoots a lay-up during Friday's playoff game at Houghton Lake.



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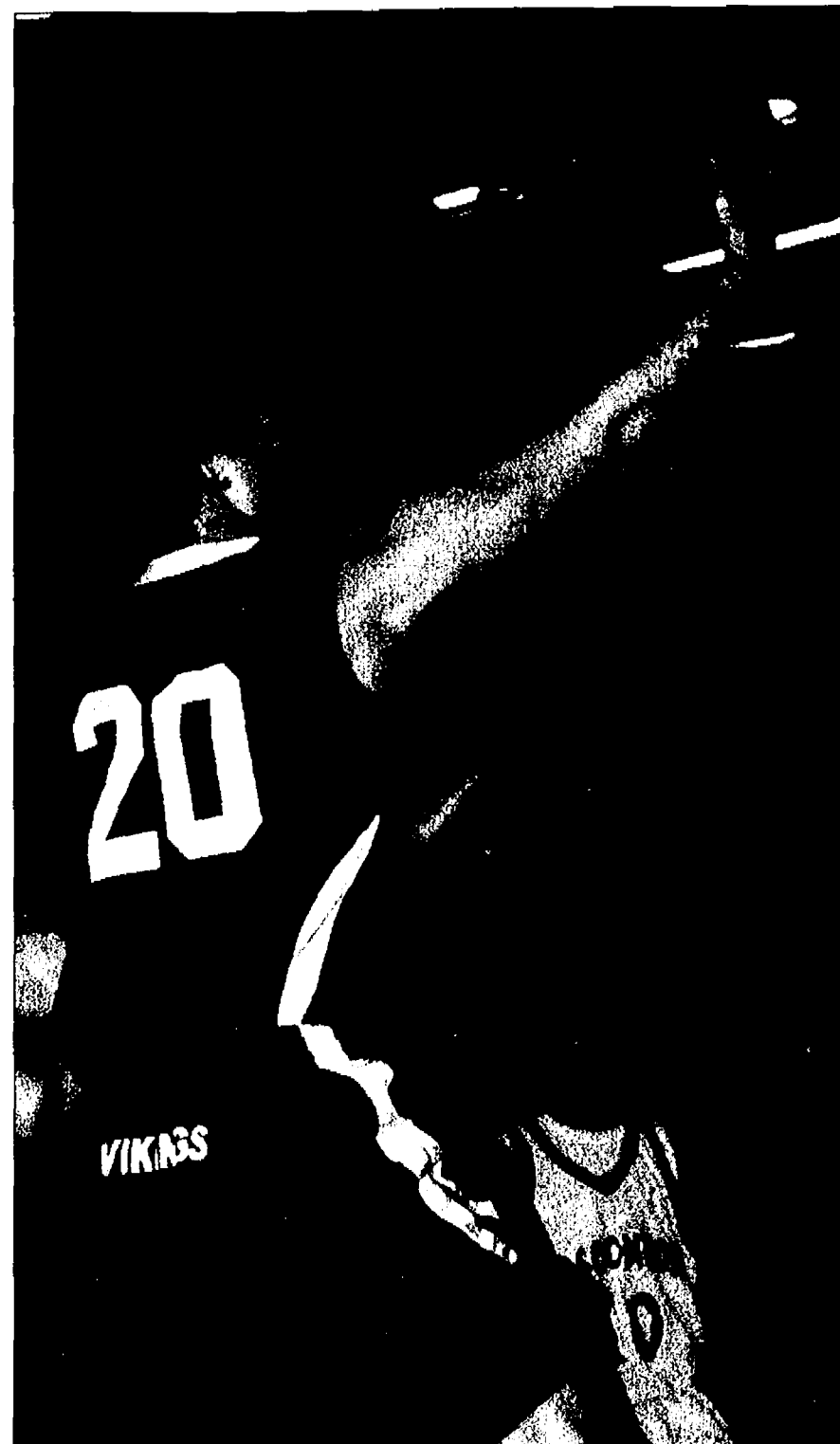
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Crawford County Avalanche

# Sports

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Griffin Dean, left, and Riley Zigila, right, shoot the ball for Grayling during Wednesday's district semifinal game at Roscommon.

## Grayling pulls away in 2nd, 3rd quarters, beats Bucks by 21

Vikings win district semifinal game 64-43 at Roscommon

by Caleb Casey  
Senior Staff Writer

After a close first period, the Grayling Vikings pulled away in the second and third quarters, outscoring the Roscommon Bucks — the home team — 39-18 in the two periods combined during Wednesday night's District 63-B boys basketball semifinal game. The Vikings won the contest by a final score of 64-43.

Grayling scored the first six points of the first quarter with two three-pointers by

Steven Enos. Riley Zigila scored on a lay-up. Griffin Dean hit one of two from the free-throw line. The Bucks completed a three-point play at the 2:57 mark to pull within two, 9-7. Enos hit a jump shot for Grayling. Thomas Burrell scored on a put-back. Zigila scored on an inside shot.

The Vikings led 15-10 at the end of the first quarter.

Grayling opened the second period with a 9-0 run, scoring nine with a triple by Zane Tobin, a jumper by Tobin, two free throws from Tobin, and a drive by Scott Parkinson.

Roscommon scored. Tobin scored for GHS on a drive. The Bucks scored on a put-back. Tobin drove to the basket for two. Roscommon hit a jumper. Grayling led 28-16.

In the final 4:10 of the second period, the Vikings

outscored Roscommon 9-0. The series included a three-pointer by Tobin, inside shots by Dean and Zigila, and a lay-up by Devon Dawson.

GHS had a 37-16 advantage at halftime.

Grayling added to its lead with a 17-12 third quarter performance. The Vikings scored their 17 with (in order) a lay-up by Zigila, an inside shot by Enos, one free throw from Enos, an inside shot by Burrell, a jumper by Tobin, one free throw from Tobin, an inside shot by Parkinson, an inside shot by Dean, and a three-point play by Tobin.

Grayling scored 10 points in the fourth quarter and won by 21, 64-43.

"I was pleased with our defensive intensity in this game. Our team overcame some adversity in the form of foul trouble in the second

quarter and had a nice run at both ends of the court. Our kids did a great job of sharing the basketball and found the open man," Coach Rich Moffit said.

According to the team, Tobin finished with 20 points. Enos had 15 points, five rebounds, and three steals. Zigila had eight points and seven assists. Burrell had eight points and nine rebounds.

"Our upperclassmen played very well in the contest," Coach Moffit said. "Zane and Steven provided an inside-outside scoring touch. Dean and Burrell played solid inside. Riley played very well in transition and did a good job defending. Devon Dawson was solid defensively."

The win improved Grayling's season record to 17-4 (11-3 league, 1-0 play-off).

## Bowling Leagues

**Recreation League**  
Days Inn . . . . . 38.5 - 13.5  
Grayling Nursing . . . . . 32.5 - 19.5  
Snap Fitness . . . . . 29.5 - 22.5  
Legion . . . . . 26 - 26  
Robin Smith CPA . . . . . 22 - 30  
Mercy Manor . . . . . 21 - 31  
Worm Guts . . . . . 20 - 32  
Glen's Market . . . . . 16.5 - 35.5  
High Series: K. Schmidt, 492; D. Mead, 489; R. Jernberg, 457. High Game: R. Jernberg, 181; A. Stanley, 179; D. Mead, 178.

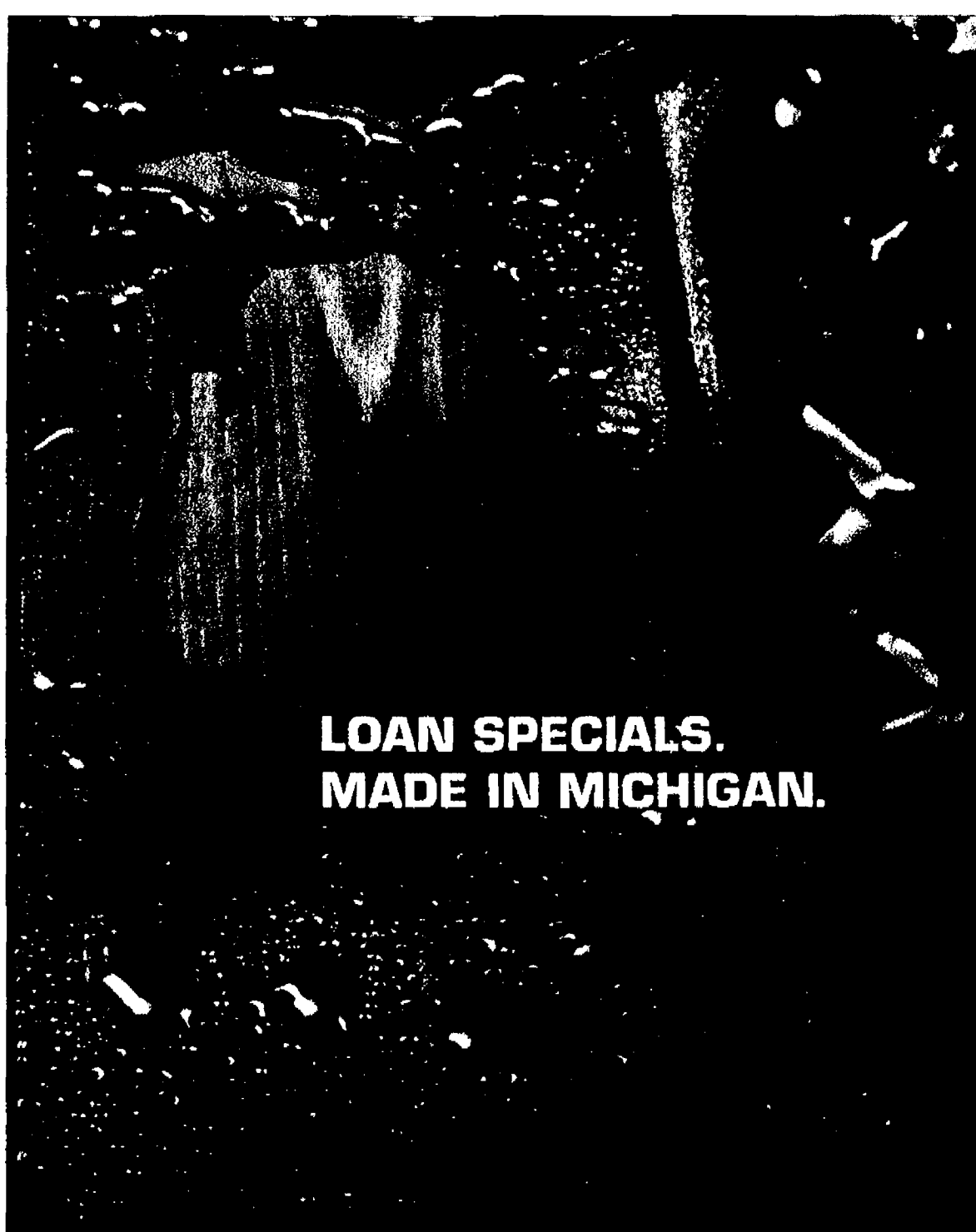
**Senior League**  
Flowers By Josie . . . . . 81 - 27  
Dana Transport . . . . . 66 - 42  
Sylvester's . . . . . 58.5 - 49.5  
Gaylord Electric . . . . . 56 - 52  
Bear's Den Pizza . . . . . 47 - 61  
Legion Lanes . . . . . 45 - 63  
Lone Pine . . . . . 42 - 66  
Spike's . . . . . 38.5 - 69.5  
High Series Women: C. Clark, 517; D. Hollis, 484.  
High Game Women: C. Clark, 221; J. Brown, 171; D. Hollis, 166. High Series Men: J. Campbell, 593; D. Henning, 546; D. Canfield, 512. High Game Men: J. Campbell, 222 and 215; D. Henning, 211.

**Thursday Morning Coffee**  
Bowling Buds . . . . . 32 - 16  
Thanks "A Latte" . . . . . 31 - 17  
Ladybugs . . . . . 27 - 21  
Snow Tops . . . . . 25 - 23  
Fearless . . . . . 23 - 25  
High Series Women: H. Stairs, 518; R. Brown, 469; A. Stanley, 457. High Game Women: H. Stairs, 221; K. King, 178; K. Moshier, 177. High Series Men: B. Hollis, 601; D. Henning, 505; E. Brosky, 492. High Game Men: B. Hollis, 227; M. Brown, 195; D. Henning, 192.

**Friday Mixed Doubles**  
American Legion . . . . . 50 - 27  
Don Nester . . . . . 48 - 29  
G & B Rentals . . . . . 47 - 30  
L & L Hauling . . . . . 46 - 31  
Dodi's Karaoke . . . . . 45 - 32  
Hot Dam Players . . . . . 36 - 41  
AJD . . . . . 27 - 50  
High Series Women: T. Rock, 519; C. Osborne, 469; T. Benardo, 459. High Game Women: T. Rock, 196; T. Benardo, 181; C. Osborne, 172. High Series Men: D. Yelinek, 609; D. Canfield, 599; R. Marwede,

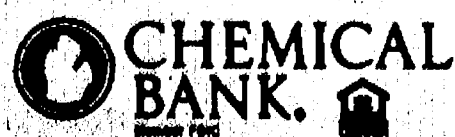
585. High Game Men: D. Yelinek, 246; D. Canfield, 235; D. Williamson, 208.

**Pioneer League**  
Pink Ladies . . . . . 30.5 - 17.5  
5 B's . . . . . 29.5 - 18.5  
Tim's Collision . . . . . 29 - 19  
T.C. Lawncare . . . . . 25.5 - 22.5  
Legion . . . . . 25 - 23  
Ole Dam . . . . . 23 - 25  
Bosco Babes . . . . . 20.5 - 27.5  
High Series: L. Rutter, 524; N. Glasslee, 488; C. Seymour, 472. High Game: L. Rutter, 212; N. Glasslee, 192; A. Nygard, 186.  
**American Men's League**  
North Country . . . . . 16 - 5  
Man Cave . . . . . 14 - 7  
Joels Team . . . . . 13 - 8  
Grayling Restaurant . . . . . 12 - 9  
Legion Lanes . . . . . 9 - 12  
Grayling Chiro . . . . . 7 - 14  
AJD . . . . . 7 - 14  
Thayer's . . . . . 6 - 15  
High Series: J. Helsel, 665; T. Sowinski, 663; L. Ostrowski, 638. High Game: T. Sowinski, 246; L. Ostrowski and L. Domick, 245.



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# Crawford County Avalanche Sports

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Randi Lemaster, left, and Patrick MacInally, right, navigate the giant slalom course at Hanson Hills during the second annual Wieland Tribute Race on March 4.

## Race helps raise money for schools' ski programs

40 people compete in 2012 Wieland Tribute Race

by Caleb Casey  
Senior Staff Writer

Grayling High School alumni, current Crawford AuSable School District students, and other downhill skiers raced in the second annual Wieland Tribute Ski Race on Sunday, March 4, at Hanson Hills, raising approximately \$1,100 for the GHS/GMS ski programs.

The race is named after Mike Wieland, who coached the GHS ski team for 40 years. Wieland competed in both this year's race and last year's event.

Dave Burr, who started the race last year while a member of the Hanson Hills Ski Patrol, said the goal last year was to raise enough money for new uniforms for the Grayling Middle School skiers.

"That's what started this whole thing, trying to get the middle schoolers into the suits that the high schoolers wear," Burr said.

The event increased its participation number from 35 last year to 40 this year. Many of the event's racers skied at GHS during Wieland's tenure as coach.

"It's an alumni event," Burr said.

Burr said Sunday's weather conditions — plenty of fresh snow from the previous days' storms, sunny — helped increase participation.

"The weather conditions brought new people that we wouldn't have had. Look at the turnout," Burr said.

The race also marked the end of downhill skiing at Hanson Hills for the winter of 2011-2012.



John Hilbrecht competes in the Wieland Tribute Race's giant slalom event.

## 2012 Wieland Tribute Ski Race, March 4, Hanson Hills

### 12 & Under Division

Noah Doe-Nimphie  
Seth Doe-Nimphie  
Mason Doe-Nimphie  
Caleb Doe  
Tim Burr

Allison Kowatch  
Nicole Oppermann  
Ellie Wagner  
Megan Oppermann

### 13-18 Division

John Hilbrecht  
Curtis Wilson  
Boomer Wingard  
Gabrielle Smith  
Emily Wingard  
Randi Lemaster

### Alumni/Adult Division

Jimmy Hilbrecht  
Cassandra Pizzi  
Katie Johnston  
Patrick MacInally

### GS Slalom

21.47 20.82 27.97 27.56  
25.36 25.00 30.74 52.16  
24.27 23.96 29.80 30.07  
28.73 28.87 37.59 39.15  
24.08 24.65

21.76 21.41 28.16  
25.96 24.17  
24.42 23.95 30.32 30.98  
22.15 21.74 29.64 29.26

### GS Slalom

18.61 18.02 19.78 19.39  
17.58 17.57 20.57 20.29  
20.32 19.49 25.56 24.13  
19.62 19.19 22.07 22.10  
19.48 18.97 21.40 21.16  
19.40 19.00 21.13 21.20

### GS Slalom

18.44 17.87 19.13 19.09  
20.40 19.83 23.30 22.79  
20.20 20.63 23.32 22.98  
18.89 18.77 19.73 20.24

### GS Slalom

18.85 18.52 19.88 19.69  
18.23 18.37 20.69 20.38  
18.79 18.03 19.80 19.74  
22.41 22.14 28.46  
20.07 19.77 23.44 23.71  
18.73 19.19 25.16  
18.99 18.73 20.63 21.42  
18.42 18.21 21.72 21.46  
22.84 21.38  
21.14 21.14 26.24  
17.83 18.63 21.96 22.00  
20.18 20.40  
27.19 23.74  
22.98 21.82 33.70 28.98  
23.31 22.26 26.30 26.13  
22.01 21.24 27.09 25.89  
19.77 19.54  
20.42 19.75 24.81 24.34  
18.46 18.33 23.14  
25.83 27.79 33.50 45.11  
18.55 18.92

Keil Clough  
Eric Hart  
Matt Ginther  
Rich Doe  
Katie Olson  
Justin Kowatch  
Tim Gariglio  
Peter Oppermann  
Ron Doe  
Brad Wagner  
Ralph Oppermann  
Cari Oppermann  
Samara Sabin  
Darrel Sauter  
Ron Thompson  
Glen Carlson  
Bill Martella  
David Trudgeon  
Dave Burr  
Cathy Lester  
Mike Wieland

### GS Slalom

18.85 18.52 19.88 19.69  
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18.46 18.33 23.14  
25.83 27.79 33.50 45.11  
18.55 18.92



Mike Wieland skis in the giant slalom course.

## Pool League

### Women's Standings

Frederic Inn ..... 175  
Legion ..... 134  
Gray Rock ..... 120

### Ramada Inn

Swamp 2 ..... 102  
Two Track ..... 161  
5 Ball Run: Jo (Two Track);

### Vickie (Frederic Inn) (2);

Tammy Sue (Legion).

## Legal Action

### GRAYLING CHARTER TOWNSHIP BOARD 2012-2013 FISCAL YEAR BUDGET PUBLIC HEARING NOTICE

The Grayling Charter Township Board will hold a Public Hearing on Wednesday, March 21, 2012, beginning at 10:00 a.m. in the Conference Room of the Grayling Charter Township Hall, 2090 Viking Way (W-M-72 HWY), Grayling, to receive and review public comment regarding the 2012-2013 Fiscal Year Budgets for the General Fund, Township Improvement Fund and Liquor Law Enforcement Fund.

The property tax millage rate proposed to be levied to support the proposed budget will be a subject of this hearing.

Copies of the proposed budgets will be available beginning March 5, 2012 at the Grayling Charter Township Hall: 2090 Viking Way, P.O. Box 521, Grayling, MI 49738. Phone: 989-348-4361. FAX: 989-348-6713.

The regular meeting of the Board will be called to order immediately following the budget public hearing. The proposed budgets may be addressed at this meeting.

Monica Ashton, C.M.C.  
Grayling Charter Township Clerk

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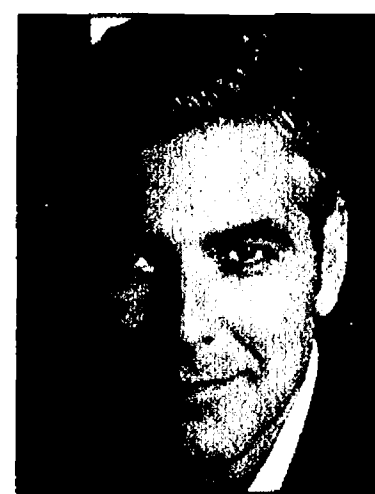
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# Legal Action

## NOTICE

IF YOU ARE CURRENTLY IN BANKRUPTCY OR HAVE RECEIVED A DISCHARGE IN BANKRUPTCY AS TO THIS OBLIGATION, THIS COMMUNICATION IS INTENDED FOR INFORMATIONAL PURPOSES ONLY AND IS NOT AN ATTEMPT TO COLLECT A DEBT IN VIOLATION OF THE AUTOMATIC STAY OR THE DISCHARGE INJUNCTION. IN SUCH CASE, PLEASE DISREGARD ANY PART OF THIS COMMUNICATION WHICH IS INCONSISTENT WITH THE FOREGOING. OTHERWISE, FEDERAL LAW REQUIRES US TO ADVISE YOU THAT COMMUNICATION FROM OUR OFFICE COULD BE INTERPRETED AS AN ATTEMPT TO COLLECT A DEBT AND THAT ANY INFORMATION OBTAINED MAY BE USED FOR THAT PURPOSE. IF YOU ARE NOW ON ACTIVE MILITARY DUTY OR HAVE BEEN IN THE PRIOR NINE MONTHS, PLEASE CONTACT OUR OFFICE AS YOU MAY BE ENTITLED TO THE BENEFITS OF THE SERVICEMEMBERS' CIVIL RELIEF ACT.

**MORTGAGE SALE** - Default has been made in the conditions of a mortgage made by Kristen L. Moran, a single woman, to Mortgage Electronic Registration Systems, Inc., as nominee for lender and lender's successors and/or assigns, Mortgagee, dated July 5, 2005 and recorded July 12, 2005 in Liber 676, Page 200, Crawford County Records, Michigan. Said mortgage is now held by Wells Fargo Bank, NA by assignment. There is claimed to be due at the date hereof the sum of Ninety-Four Thousand Two Hundred Eighty-Seven and 35/100 Dollars (\$94,257.35) including interest at 5.25% per annum.

Under the power of sale contained in said mortgage and the statute in such case made and provided, notice is hereby given that said mortgage will be foreclosed by a sale of the mortgaged premises, or some part of them, at public venue at the front door of the County Building in Grayling in Crawford County, Michigan at 10:00 a.m. on MARCH 28, 2012.

Said premises are located in the Township of Grayling, Crawford County, Michigan, and are described as:

Township of Grayling, County of Crawford, State of Michigan, and is identified as follows:

Parcel G: A parcel of land located in the Southwest 1/4 of the Northwest 1/4 of Section 29, Town 26 North, Range 2 West, being further described as follows: Commencing at the West 1/4 corner of said Section 29, Town 26 North, Range 2 West; thence North 00 degrees 05 minutes 33 seconds West along the West section line 1314.52 feet to a 1/2 inches by 18 inches bar and cap number 30083; thence South 89 degrees 53 minutes 45 seconds East along the North 1/8 line 321.27 feet for a Point of Beginning; thence continuing South 89 degrees 53 minutes 45 seconds East 321.28 feet; thence South 00 degrees 05 minutes 57 seconds East 325.07 feet; thence North 89 degrees 54 minutes 45 seconds West 321.29 feet; thence North 00 degrees 05 minutes 46 seconds West 325.17 feet to the Point of Beginning. Together with and subject to a road and utility easement described as follows: Commencing at the West 1/4 corner of said Section 29, Town 26 North, Range 2 West; thence North 00 degrees 05 minutes 33 seconds West along the West Section line 956.26 feet for a Point of Beginning; thence continuing North 00 degrees 05 minutes 33 seconds West 66.00 feet; thence South 89 degrees 54 minutes 45 seconds East 655.81 feet; thence along the arc of a non-tangent curve to the right, said curve having a radius of 100.00 feet, arc length of 561.60 feet, central angle of 321 degrees 46 minutes 25 seconds, a chord bearing of South 00 degrees 05 minutes 15 seconds West, and a chord length of 66.00 feet; thence North 89 degrees 54 minutes 45 seconds West 655.60 feet to the Point of Beginning.

The redemption period shall be 6 months from the date of such sale, unless determined abandoned in accordance with MCLA §600.3241a, in which case the redemption period shall be 30 days from the date of such sale. TO ALL PURCHASERS: The foreclosing mortgagee can rescind the sale. In that event, your damages, if any, are limited solely to the return of the bid amount tendered at sale, plus interest.

If the property is sold at foreclosure sale, pursuant to MCL 600.3278, the borrower will be held responsible to the person who buys the

property at the mortgage foreclosure sale or to the mortgage holder for damage to the property during the redemption period. If you are a tenant in the property, please contact our office as you may have certain rights. Dated: February 23, 2012  
Orlans Associates, P.C.  
Attorneys for Servicer  
P.O. Box 5041  
Troy, MI 48007-5041  
File No. 326.7946  
(02-23)(03-15)

-23-1-8-15

## Notice

IF YOU ARE CURRENTLY IN BANKRUPTCY OR HAVE RECEIVED A DISCHARGE IN BANKRUPTCY AS TO THIS OBLIGATION, THIS COMMUNICATION IS INTENDED FOR INFORMATIONAL PURPOSES ONLY AND IS NOT AN ATTEMPT TO COLLECT A DEBT IN VIOLATION OF THE AUTOMATIC STAY OR THE DISCHARGE INJUNCTION. IN SUCH CASE, PLEASE DISREGARD ANY PART OF THIS COMMUNICATION WHICH IS INCONSISTENT WITH THE FOREGOING. OTHERWISE, FEDERAL LAW REQUIRES US TO ADVISE YOU THAT COMMUNICATION FROM OUR OFFICE COULD BE INTERPRETED AS AN ATTEMPT TO COLLECT A DEBT AND THAT ANY INFORMATION OBTAINED MAY BE USED FOR THAT PURPOSE. IF YOU ARE NOW ON ACTIVE MILITARY DUTY OR HAVE BEEN IN THE PRIOR NINE MONTHS, PLEASE CONTACT OUR OFFICE AS YOU MAY BE ENTITLED TO THE BENEFITS OF THE SERVICEMEMBERS' CIVIL RELIEF ACT.

**MORTGAGE SALE** - Default has been made in the conditions of a mortgage made by John M. Hartman and Sharon K. Hartman, husband and wife, to JPMorgan Chase Bank, National Association sbm Bank One, N.A., Mortgagee, dated June 2, 2004 and recorded July 19, 2004 in Liber 670, Page 174, Crawford County Records, Michigan. There is claimed to be due at the date hereof the sum of Fifty-Four Thousand Five Hundred Twenty-Four and 65/100 Dollars (\$54,524.65) including interest at 6.11% per annum.

Under the power of sale contained in said mortgage and the statute in such case made and provided, notice is hereby given that said mortgage will be foreclosed by a sale of the mortgaged premises, or some part of them, at public venue at the front door of the County Building in Grayling in Crawford County, Michigan at 10:00 a.m. on APRIL 4, 2012.

Said premises are located in the Township of Beaver Creek, Crawford County, Michigan, and are described as:

Commencing at the Northwest corner of the Southwest 1/4 of Section 19, Town 25 North, Range 3 West, thence South along Township line, a distance of 100 rods for a place of beginning, thence South along Township line 8 rods, thence East at right angles to Township line 20 rods, thence North parallel to Township line 8 rods, thence West at right angles 20 rods to place of beginning, the Southwest 1/4 of the Southwest 1/4 of Section 19, Town 25 North, Range 3 West. The redemption period shall be 6 months from the date of such sale, unless determined abandoned in accordance with MCLA §600.3241a, in which case the redemption period shall be 30 days from the date of such sale. TO ALL PURCHASERS: The foreclosing mortgagee can rescind the sale. In that event, your damages, if any, are limited solely to the return of the bid amount tendered at sale, plus interest.

If the property is sold at foreclosure sale, pursuant to MCL 600.3278, the borrower will be held responsible to the person who buys the property at the mortgage foreclosure sale or to the mortgage holder for damage to the property during the redemption period.

If you are a tenant in the property, please contact our office as you may have certain rights.

Dated: March 1, 2012  
Orlans Associates, P.C.  
Attorneys for Servicer  
P.O. Box 5041  
Troy, MI 48007-5041  
File No. 224.6305  
(03-01)(03-22)

-1-8-15-22

## NOTICE

AS A DEBT COLLECTOR, WE ARE ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. NOTIFY US AT THE NUMBER BELOW IF YOU ARE IN ACTIVE MILITARY DUTY. **MORTGAGE SALE** - Default having been made in the terms and conditions of a certain mortgage made by Edward C. Robinson II and Barbara M. Robinson, husband and wife, Mortgagees, to Green Tree Financial Servicing Corporation A/K/A Green Tree Servicing LLC, Mortgagee, dated

the 6th day of October, 1997 and recorded in the office of the Register of Deeds, for The County of Crawford and State of Michigan, on the 8th day of October, 1997 in Liber 439 of Crawford County Records, page 409, said Mortgage having been assigned to Green Tree Servicing LLC on which mortgage there is claimed to be due, at the date of this notice, the sum of Sixty One Thousand Four Hundred Ninety Seven and 51/100 (\$61,497.51), and no suit or proceeding at law or in equity having been instituted to recover the debt secured by said mortgage or any part thereof. Now, therefore, by virtue of the power of sale contained in said mortgage, and pursuant to statute of the State of Michigan in such case made and provided, notice is hereby given that on the 18th day of April, 2012 at 10:00 o'clock AM Local Time, said mortgage will be foreclosed by a sale at public auction, to the highest bidder, at the front door to the County Bldg. in Grayling MI (that being the building where the Circuit Court for the County of Crawford is held), of the premises described in said mortgage, or so much thereof as may be necessary to pay the amount due, as aforesaid on said mortgage, with interest thereon at 10.250% per annum and all legal costs, charges, and expenses, including the attorney fees allowed by law, and also any sum or sums which may be paid by the undersigned, necessary to protect its interest in the premises. Which said premises are described as follows: All that certain piece or parcel of land, including any and all structures, and homes, manufactured or otherwise, located thereon, situated in the Township of Grayling, County of Crawford, State of Michigan, and described as follows, to wit: A parcel of land located in the Southeast 1/4 of Section 26, Town 27 North, Range 2 West, being more fully described as follows: The Northeast 1/4 of the Northeast 1/4 of the Southeast 1/4, SUBJECT TO a 26.00 foot easement along the Easterly side for County Road right-of-way. During the six (6) months immediately following the sale, the property may be redeemed, except that in the event that the property is determined to be abandoned pursuant to MCLA 600.3241a, the property may be redeemed during 30 days immediately following the sale. Pursuant to MCLA 600.3278, the mortgagee(s) will be held responsible to the person who buys the property at the foreclosure sale or to the mortgage holder for damaging the property during the redemption period. Dated: 3/15/2012 Green Tree Servicing LLC Mortgagee  
FABRIZIO & BROOK, P.C.  
Attorney for Green Tree Servicing LLC 888 W. Big Beaver, Suite 800  
Troy, MI 48084 248-362-2600  
GTNC RobinsonEd (03-15)(04-05)

-15-22-29-5

## Notice Of Mortgage Foreclosure Sale

THIS FIRM IS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION WE OBTAIN WILL BE USED FOR THAT PURPOSE. PLEASE CONTACT OUR OFFICE AT THE NUMBER BELOW IF YOU ARE IN ACTIVE MILITARY DUTY. **ATTN PURCHASERS:** This sale may be rescinded by the foreclosing mortgagee. In that event, your damages, if any, shall be limited solely to the return of the bid amount tendered at sale, plus interest. **MORTGAGE SALE** - Default has been made in the conditions of a mortgage made by Paul I. Bielski, a single man, original mortgagor(s), to First Franklin Financial Corporation, Mortgagee, dated November 30, 2004, and recorded on December 6, 2004 in Liber 672 on Page 763, and assigned by said Mortgagee to PNC Bank, National Association as assignee as documented by an assignment, in Crawford county records, Michigan, on which mortgage there is claimed to be due at the date hereof the sum of Sixty-Nine Thousand Eight Hundred Four and 38/100 Dollars (\$69,804.38), including interest at 7.5% per annum. Under the power of sale contained in said mortgage and the statute in such case made and provided, notice is hereby given that said mortgage will be foreclosed by a sale of the mortgaged premises, or some part of them, at public venue, at the place of holding the circuit court within Crawford County, at 10:00 AM, on March 28, 2012. Said premises are situated in Township of Beaver Creek, Crawford County, Michigan, and are described as: Lot 385 and 386, Indian Glens of the Au Sable, Unit 5, according to the plat thereof, as recorded in Liber 3 of Plats, Page 25, Crawford County Records. The redemption period shall be 6 months from the date of such sale, unless determined abandoned in accordance with MCLA 600.3241a, in which case the redemption period shall be 30 days from the date of such sale. If the

property is sold at foreclosure sale under Chapter 32 of the Revised Judicature Act of 1961, pursuant to MCL 600.3278 the borrower will be held responsible to the person who buys the property at the mortgage foreclosure sale or to the mortgage holder for damaging the property during the redemption period. Dated: February 23, 2012 For more information, please call: FC J (248) 593-1311 Trott & Trott, P.C. Attorneys For Servicer 31440 Northwestern Highway, Suite 200 Farmington Hills, Michigan 48334-2525 File #391692F01 (02-23)(03-15)

-23-1-8-15

## NOTICE OF FORECLOSURE

THIS FIRM IS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION WE OBTAIN WILL BE USED FOR THAT PURPOSE. IF YOU ARE IN ACTIVE MILITARY SERVICE PLEASE CONTACT OUR OFFICE AT THE NUMBER BELOW. Notice under MCL 600.3278: Pursuant to MCL 600.3278, if the property is sold at a foreclosure sale under MCL 600.3201 et. seq., the borrower will be held responsible to the person who buys the property at the mortgage foreclosure sale or the mortgage holder for damaging the property during the redemption period. **ATTENTION POTENTIAL PURCHASERS AT FORECLOSURE SALE:** In the case of resolution prior to or simultaneously with the aforementioned foreclosure sale, Northern Economic Initiatives Corporation may rescind this sale at any time prior to the end of the redemption period. In that event, your damages, if any, shall be limited to the return of your bid amount tendered at the sale, plus interest. Default having occurred in the conditions of a Mortgage made by Neeley Holdings, LLC, a Michigan limited liability company, ("Debtors") to Northern Economic Initiatives Corporation ("NEIC"), dated May 29, 2009, and recorded in the Office of the Register of Deeds for the County of Crawford in the State of Michigan on June 2, 2009, in Liber 696, Page(s) 307, et. seq., on which Mortgage there is claimed to be due as of the date of this Notice the sum of \$196,317.81, which amount may or may not be the entire indebtedness owed by Debtors to NEIC together with interest at 13.25 percent per annum. NOW THEREFORE, Notice is hereby given that the power of sale contained in said Mortgage has become operative and that pursuant to that power of sale and MCL 600.3201 et. seq., on April 11, 2012 at 10:00 a.m., in the Lobby of the Courthouse in Grayling, Michigan, that being the place for holding the Circuit Court and/or for conducting such foreclosure sales for the County of Crawford, there will be offered at public sale, the premises, or some part thereof, described in said Mortgage as follows, to-wit: LAND SITUATED IN THE TOWNSHIP OF GRAYLING, COUNTY OF CRAWFORD, STATE OF MICHIGAN, IS DESCRIBED AS FOLLOWS: PARCEL "B": PART OF THE EAST 1/2 OF THE NORTHEAST 1/4 OF SECTION 22, AND PART OF THE WEST 1/2 OF THE NORTHWEST 1/4 OF SECTION 23, TOWN 26 NORTH, RANGE 2 WEST, GRAYLING TOWNSHIP, CRAWFORD COUNTY, MICHIGAN: COMMENCING AT THE NORTHEAST CORNER OF SAID SECTION 22: THENCE SOUTH (ALONG THE SECTION LINE), 1184.0 FEET; THENCE SOUTH 72 DEGREES 00' EAST, 56.6 FEET TO THE EASTERLY RIGHT-OF-WAY OF WAKELEY BRIDGE ROAD; THENCE SOUTH 07 DEGREES 20' WEST (ALONG THE EASTERLY RIGHT-OF-WAY OF WAKELEY BRIDGE ROAD), 115.0 FEET TO THE POINT OF BEGINNING; THENCE CONTINUING SOUTH 07 DEGREES 20' WEST, 208.0 FEET TO THE NORTHEASTLY RIGHT-OF-WAY OF M-72; THEN NORTH 42 DEGREES 15' WEST (ALONG THE NORTH-EASTERLY RIGHT-OF-WAY OF M-72), 190.0 FEET; THENCE NORTH 50 DEGREES 07' EAST, 91.20 FEET; THENCE NORTH 84 DEGREES 59' EAST, 84.40 FEET TO THE POINT OF BEGINNING. The redemption period shall be six (6) months unless the property is established to be abandoned pursuant to MCL 600.3241a, in which case the redemption period shall be the later of thirty (30) days from the date of sale or fifteen (15) days from the date the notice required by MCL 600.3241a(b) was posted and mailed, or unless under MCL 600.3240(17), prior to the foreclosure sale the borrower follows the procedure set forth in that section to establish the presumption that the property is used for Agricultural purposes, in which case the redemption period shall be one (1) year from the date of the sale. Dated: February 27, 2012 Northern Economic Initiatives Corporation By: GARY D. POPOVITS (P63861) BRANDT, FISHER,

ALWARD & PEZZETTI, P.C. Attorneys for NEIC 1241 E. Eighth Street, P.O. Box 5817 Traverse City, Michigan 49696-5817 (231) 941-9660 File No.: 9810.0013 Ad #21897 03/08, 03/15, 03/22, 03/29/2012

-8-15-22-29

## FORECLOSURE NOTICE

This firm is a debt collector attempting to collect a debt. Any information obtained will be used for this purpose. If you are in the Military, please contact our office at the number listed below. **MORTGAGE SALE** - Default has been made in the conditions of a certain mortgage made by: Rex H. Thomas and Karen R. Thomas, Husband and Wife to Cresleigh Financial Services, LLC, Mortgagee, dated December 8, 2001 and recorded January 4, 2002 in Liber 0566 Page 001 Crawford County Records, Michigan Said mortgage was assigned to: Deutsche Bank Trust Company Americas fka Banker's Trust Company, as Trustee for Saxon Asset Securities Trust 2002-1, by assignment dated August 24, 2011 and recorded August 30, 2011 in Liber 706 Page 47 on which mortgage there is claimed to be due at the date hereof the sum of Fifty-One Thousand Seven Hundred Eighty-Nine Dollars and Ten Cents (\$51,789.10) including interest 9.125% per annum. Under the power of sale contained in said mortgage and the statute in such case made and provided, notice is hereby given that said mortgage will be foreclosed by a sale of the mortgaged premises, or some part of them, at public venue, Circuit Court of Crawford County at 10:00AM on March 28, 2012 Said premises are situated in City of Grayling, Crawford County, Michigan, and are described as: Lot Eleven (11) and Lot Twelve (12) of Block (19) of the original Plat of the Village (now city) of Grayling. Commonly known as 200 Peninsular Ave, Grayling MI 49738 The redemption period shall be 6 months from the date of such sale, unless determined abandoned in accordance with MCL 600.3241a, in which case the redemption period shall be 30 days from the date of such sale, or upon the expiration of the notice required by MCL 600.3241a(c), whichever is later; or unless MCL 600.3240(17) applies. If the property is sold at foreclosure sale under Chapter 32 of the Revised Judicature Act of 1961, under MCL 600.3278, the borrower will be held responsible to the person who buys the property at the mortgage foreclosure sale or to the mortgage holder for damaging the property during the redemption period. Dated: 2/23/2012 Deutsche Bank Trust, Company Americas fka Banker's Trust Company, as Trustee for Saxon Asset Securities Trust 2002-1, Assignee of Mortgagee Attorneys: Potestivo & Associates, P.C. 811 South Blvd. Suite 100 Rochester Hills, MI 48307 (248) 844-5123 Our File No: 12-56408 (02-23)(03-15)

-23-1-8-15

## FORECLOSURE NOTICE

This firm is a debt collector attempting to collect a debt. Any information obtained will be used for this purpose. If you are in the Military, please contact our office at the number listed below. **MORTGAGE SALE** - Default has been made in the conditions of a certain mortgage made by: Zachery S. Russell a/k/a Zachary S Russell and Aprille Russell, Husband and Wife to Northwestern Mortgage Company, Mortgagee, dated May 16, 2011 and recorded May 19, 2011 in Liber 705 Page 125 Crawford County Records, Michigan on which mortgage there is claimed to be due at the date hereof the sum of One Hundred Thirteen Thousand Nine Hundred Seventy-Two Dollars and Forty-Seven Cents (\$13,972.47) including interest 5% per annum. Under the power of sale contained in said mortgage and the statute in such

case made and provided, notice is hereby given that said mortgage will be foreclosed by a sale of the mortgaged premises, or some part of them, at public venue, Circuit Court of Crawford County at 10:00AM on April 18, 2012 Said premises are situated in Township of Grayling, Crawford County, Michigan, and are described as: Lot 50 of East Branch Estates, according to the recorded plat thereof, as recorded in Liber 2 of Plats, Page 8, Crawford County Records. Commonly known as 182 N Roberts Rd, Grayling MI 49738 The redemption period shall be 6 months from the date of such sale, unless determined abandoned in accordance with MCL 600.3241a, in which case the redemption period shall be 30 days from the date of such sale, or upon the expiration of the notice required by MCL 600.3241a(c), whichever is later; or unless MCL 600.3240(17) applies. If the property is sold at foreclosure sale under Chapter 32 of the Revised Judicature Act of 1961, under MCL 600.3278, the borrower will be held responsible to the person who buys the property at the mortgage foreclosure sale or to the mortgage holder for damaging the property during the redemption period. Dated: 3/15/2012 Northwestern Mortgage Company Mortgagee Attorneys: Potestivo & Associates, P.C. 811 South Blvd. Suite 100 Rochester Hills, MI 48307 (248) 844-5123 Our File No: 11-53267 (03-15)(04-05)

-15-22-29-5

## STATE OF MICHIGAN JUDICIAL DISTRICT 46TH JUDICIAL CIRCUIT COUNTY PROBATE ORDER FOR SERVICE BY PUBLICATION/ POSTING AND NOTICE OF ACTION

CASE NO. 12-8678-CH  
Court address 200 W. MICHIGAN AVE, GRAYLING, MI 49738  
Court telephone no. 989-344-3206

Plaintiff  
ANTHONY & SHIRLEY CARUSO  
Plaintiff's attorney  
CAREY & JASKOWSKI, P.L.L.C.  
BY: ADAM T. VERNON (P71555)  
2373 S I-75 BUSINESS LOOP/ PO DRAWER 665  
GRAYLING, MI 49738  
989-348-5232

Defendant  
Thomas Gruich and Amelia Gruich and/or their heirs, assigns or devisees  
46865 Houghton Drive  
Utica, MI 48087

TO: Thomas Gruich and Amelia Gruich and/or their heirs, assigns or devisees

## IT IS ORDERED:

1. You are being sued in this court by the plaintiff to QUIET TITLE. You must file your answer or take other action permitted by law in this court at the court address above on or before 03/26/2012. If you fail to do so, a default judgement maybe entered against you for the relief demanded in the complaint filed in this case.  
2. A copy of this order shall be published once each week in CRAWFORD COUNTY AVALANCHE for three consecutive weeks, and proof of publication shall be filed in this court.  
Date 2/21/12  
Judge DENNIS F. MURPHY  
P31907

-1-8-15

## Friends of Mason Tract

The Friends of the Mason Tract has scheduled its annual planning meeting for 7:00 PM March 26, 2012. This is a volunteer group that facilitates repair and maintenance of the Mason Tract trails, fishing access points, trailheads, and parking areas. This group is sponsored by South Branch Township as part of its Recreation Plan and is intended to be an informal organization with no dues or financial obligation. Representatives from the DNR will be attending to discuss the Mason Tract Re-inventory process and invasive species. All people interested in helping to preserve the beauty of the Mason Tract are urged to attend. Details of the meeting are summarized below.

Friends of the Mason Tract  
Annual Meeting  
7:00 PM March 26, 2012  
South Branch Township Hall  
5245 M-18, Roscommon, MI

For further information please contact Cris Jones via phone at 275-6247.

# PUBLIC NOTICE

Avalanche "Legal Action" pages for Crawford County are now available on-line at [crawfordcountyavalanche.com](http://crawfordcountyavalanche.com)

Public Notices in Newspapers.  
Your Right to Know, Delivered Right to Your Door.





# Features

www.crawfordcountyavalanche.com

## A LOOK AT OUR PAST FROM THE PAGES OF THE AVALANCHE



**March 16, 1989 - During GHS Spring Spirit Week, Nikki Morrill makes a great save during a volleyball game in two feet of snow.**

### 23 Years Ago March 16, 1989

The free ride is over. Beginning March 1, prisoners in the Crawford County Jail will be charged for their room and board expenses.

Jail Administrator, Michael Johnson, explained that in 1984 the Michigan legislature passed Public Act 118, allowing counties to charge prisoners room and board, up to \$30 per day. The law also provides assistance in the debt collection process.

In a joint effort between the Crawford County Sheriff Departments and the

Grayling City Police Department, two male suspects were arrested in connection with seven breaking and enterings in Crawford County.

Ralph Oppermann of Grayling, a Ferris State dental technology student, along with three other students, took first place for their "The Cu-Sil Denture" presentation during the annual Table Clinic Night conducted by the university's dental programs.

The girls varsity volleyball team lost their bid to bring home the District Championship when they

lost to Rogers City Wednesday night 3 - 15 and 3 - 15.

The following students were chosen at Grayling Middle School for February's Student of the Month: Jeff Pahssen, Joe Olsewski, Jason Medler, Matt Gingerich, Jeremiah Blaauw, Sara Palmer, Jessica Brown, Nicole Millikin, Travis Patrick, Josh Wyss, Keith Priebe, Steve Anderson, Jill Love, Andrea Wolfe, J.R. Watts, Josh Green, Carrie Wells, Kama Case, Sara Medler, Heidi Craigie and Ryan Frederick.

### 46 Years Ago March 17, 1966

Only 6-foot Terry Wright, a GHS senior, was named from the Vikings in the 1966 all-conference basketball selections. He was given honorable mention.

Dr. and Mrs. Paul Junttila and children are planning to move this week from the lake in the house at 413 Peninsular which was vacated recently when the Major Mike Stegers moved to Washington, D.C.

Glen's Market has Hunt's tomato sauce 6¢ each for an 8 oz. can, Kraft Miracle Whip is 39¢ a quart, Hershey's chocolate syrup is 6/\$1, Nabisco saltines are 31¢ and Maxwell House

coffee is \$1.39 for 2 lbs.

Construction was to start late this week or early next week on an automatic car wash, Eric Post, owner, says he has a building permit issued by the city and Les Powers of Grayling will do the building. The unit will be erected in the UpState Shopping Center between Welsh Gulf Service and Day's Drive In and will be approximately 26 feet by 30 feet. It will be able to handle two cars at the same time and will also house all of the machinery necessary for automatic car washing.

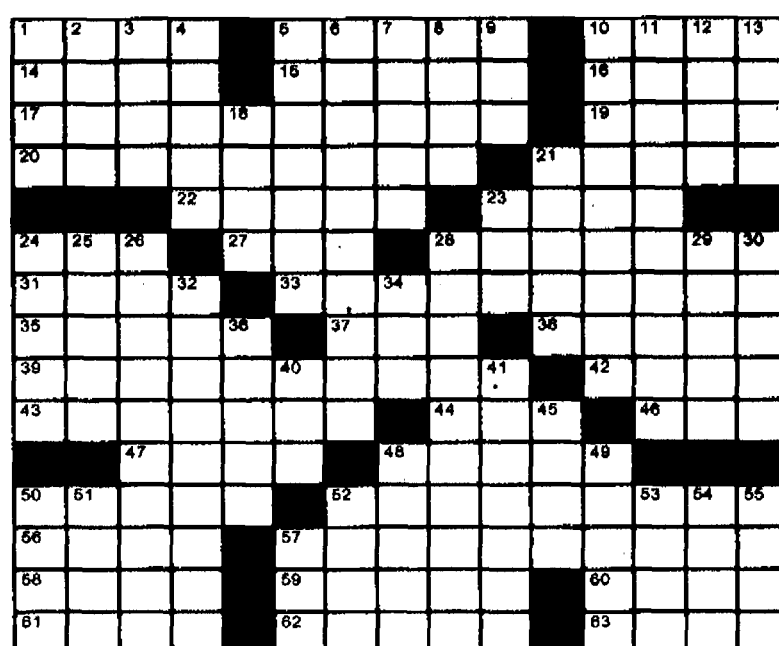
### 69 Years Ago March 18, 1943

Grayling's Green Wave basketball team advanced to the finals in the Area Tournament at Gaylord, when they eliminated a small, scrappy Onaway quintet 51 - 30 last Friday. On March 20, they will meet Mancelona for the Class C championship.

### 92 Years Ago March 18, 1920

The Junior Hop at the high school Wednesday March 17 was a fine affair. Green paper shamrocks were hung in festoons from the ceiling. Cooley's Saxophone orchestra furnished the music.

## CROSSWORD



### Across

1. Landlord
7. Fully satisfying an appetite
13. Between sunrise and sunset
14. Ancient Roman silver coins
15. Thinks
16. Hot, in Vegas (3 wds)
17. Intelligence
18. Was unwilling
20. After expenses
21. "Rocky \_\_\_\_"
23. One who pushes gently
25. Coup d'etat
28. Formulation of plans and important details
31. Setting for TV's "Newhart"
32. Gossip
34. \_\_\_\_ Mix
36. Lever operated with the foot
38. E-mail
40. Blow off steam?
41. Superficially stylish
43. Campaigner, for short
44. Prayer book
46. Sign up
48. Plagiarist
50. Newspaper div.
51. "\_\_\_\_ Ng" (They Might Be Giants song)
54. Bivalve mollusks
56. Vermin
59. Opponent of technological progress
61. House agent
63. Removes rough surface
64. Interlace threads into a design
65. Haunt
66. Forever, poetically

4. Aristophanes comedy, with "The"

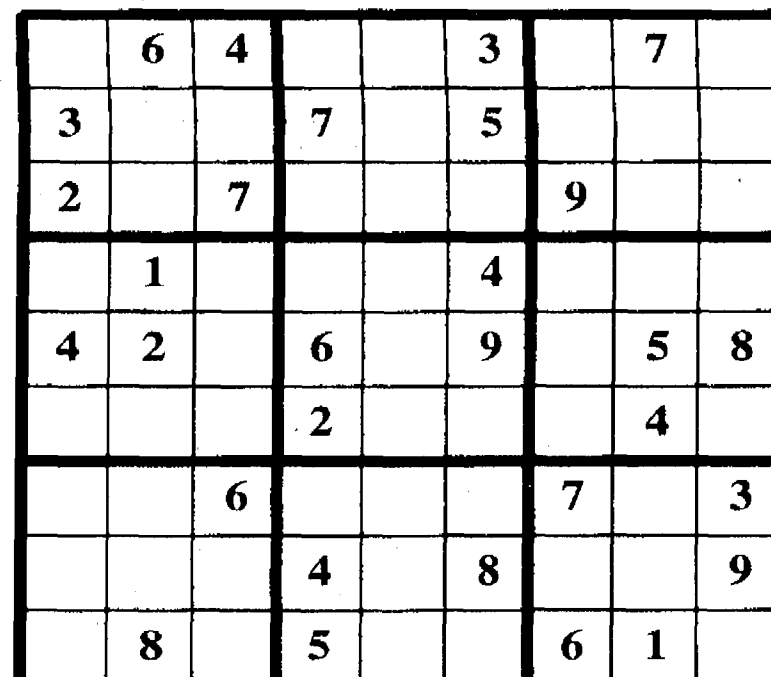
5. Scene of any event
6. Rocks containing Fe
7. Kentucky college
8. Criticizes
9. Infomercials, e.g.
10. Literary club, e.g.
11. Start of a quip (2 wds)
12. "Cogito \_\_\_\_ sum"
13. Long, long time
18. Concrete section
21. Tumors on mucous membranes
23. Toni Morrison's "\_\_\_\_ Baby"
24. Pilgrim to Mecca
25. Terminal portion of small intestine
26. Those who involuntarily repeat and hesitate when speaking
28. Full development
29. About to explode
30. Money in the bank, say
32. Intentionally (2 wds)
34. Big galoot
36. Digress
40. "For \_\_\_\_ a jolly ..." (2 wds)
41. Bouquet
45. Art \_\_\_\_
48. Paper money
49. Paint thinner, British
50. Cheat, slangily
51. "Mi chiamano Mimi," e.g.
52. Pivot
53. Cambodian currency
54. "\_\_\_\_ quam videri" (North Carolina's motto)
55. House
57. Money dispenser (acronym)

### Down

1. Beans
2. Artificial bait
3. Length x width, for a rectangle

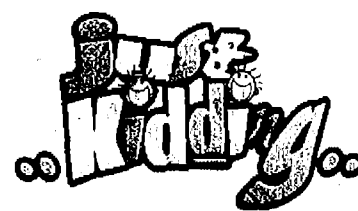
## SUDOKU

RULES: Fill all empty squares so that the numbers 1 to 9 appear once in each row, column and 3x3 box.



(PUZZLE #M3 Easy, Difficulty Rating 0.35)

ANSWERS IN THE CLASSIFIEDS



## HOROSCOPES

Week of March 11, 2012



The numbers do not lie. You have surpassed your goals, Capricorn. A relative also receives some good news. Invite them over to celebrate.

December 22-January 19



Want to quadruple your happiness? Stay as you are, Aries. Now is not the time for big changes. A bank mistake is rectified quickly. Good work!

March 21-April 19



Seven times over, you asked, and seven times over you were rejected, but not this time, Cancer. Things have changed and the pickin's are ripe, so go for it.

June 22-July 22



Decades of work pay off this week big time, Libra. Throw a little party to celebrate. Ten envelopes present 10 different solutions—only one is right.

September 23-October 22



Back off, Aquarius, and let your no. 2 take over. It's their turn to shine. A home improvement project ends with a flourish. Thank those involved.

January 20-February 18



The number five appears in various forms, prompting you to question if there is more behind it. Only a superior has the answer to that question, Taurus.

April 20-May 20



Fight is enough. In fact, Leo, it might be a little too much and you might want to pare down in light of what lies ahead. Life is about to get hectic.

July 23-August 22



Eleven is your lucky number, Scorpio. Use it wisely for 11 times the fun at an upcoming function. A secret is revealed with awesome results.

October 23-November 21



Two heads are usually better than one, but not in this case, Pisces. You may have the brains, your friend may have the brawn, but you need an acquaintance's money.

February 19-March 20



Your sixth sense tells you all is not right at home. Do a little snooping, Gemini, and find out why things are not adding up. It is not as you suspect.

May 21-June 21



Cuts may be rumored to have nine lives, but you don't, Virgo. Better attend to those nagging health concerns before they turn ugly. Finances improve.

August 23-September 22



Offers arrive by the dozen. Don't say yes unless you're certain you can commit to them. Sagittarius, A gesture of kindness leads to a lifelong friendship.

November 22-December 21

FOR ENTERTAINMENT PURPOSES ONLY

Open: Everyday - 10am to 3pm

## ADOPT A PET

WE'RE OVERLOADED! The animal shelter is currently very full of animals in need of loving homes, just like yours. Help these very adoptable pets find homes, adopt today! Visit our website for more information.



### Einbeck

Einbeck is a very sweet and comical Doberman Pinscher. He is about 1 1/2 years old and has a really nice disposition. This great dog is affectionate, eager to please and active. He will need more training but he is a fast learner. Einbeck has been neutered, vaccinated and micro-chipped.

Visit us at: [www.ausablevalleyanimalshelter.org](http://www.ausablevalleyanimalshelter.org)

Ausable Valley Animal Shelter

5786 Fairground Lane, Grayling

Use the entrance to the Crawford County Fairgrounds

After hour appointments available. Call (989) 348-4117

For more pets or more information, visit our website [www.assc.petfinder.com](http://www.assc.petfinder.com)

## RECIPE OF THE WEEK



### GRASSHOPPER PIE

#### Ingredients:

1 pkg. (3.4 oz.) Pistachio Flavor Instant Pudding  
1-1/2 cups cold milk  
2 cups thawed Whipped Topping, divided

6 Cool Mint Creme Cookies, chopped  
1 Cookie Pie Crust (6 oz.)  
1 square Semi-Sweet Chocolate, melted

#### Directions:

BEAT pudding mix and milk in large bowl with whisk 2 min. Stir in 1-1/2 cups Whipped Topping and chopped cookies. Spoon into crust.

COVER with remaining Whipped Topping; drizzle with melted chocolate.

REFRIGERATE 2 hours or until firm.

#### Special Extra

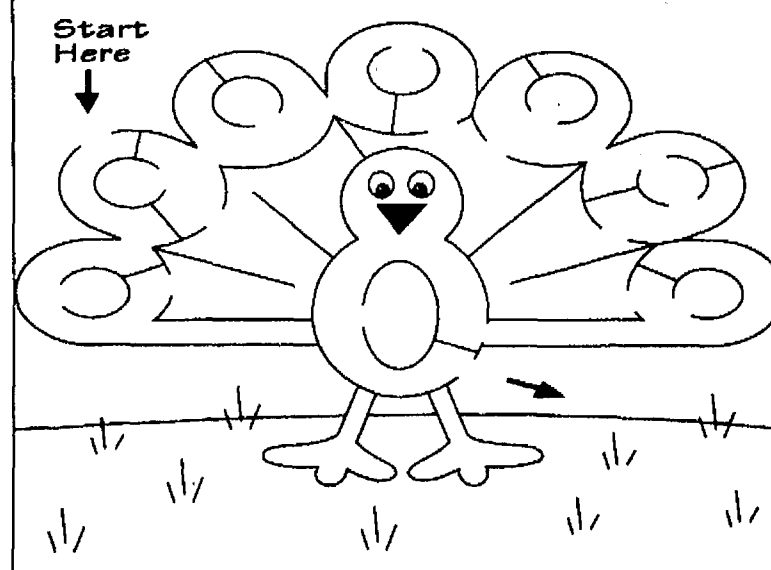
For stronger mint flavor, add 1/4 tsp. peppermint extract along with the milk.  
**How to Drizzle Chocolate**  
Dip a fork into the melted chocolate; let the chocolate drip off the fork tines as you move it back and forth across the top of the pie.

Prep Time: 15 min

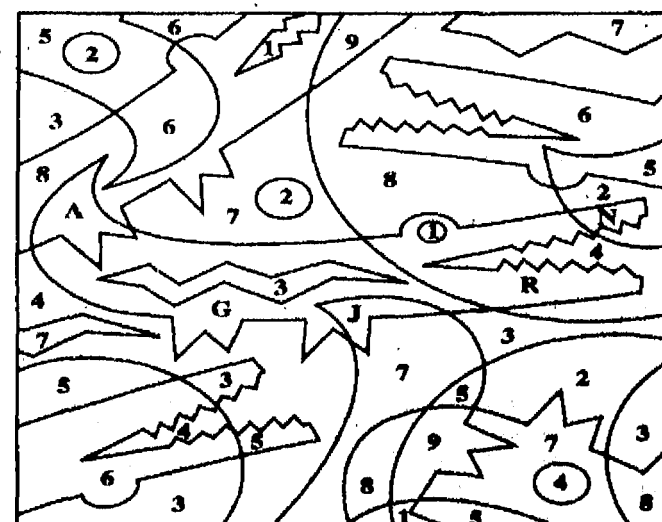
Total Time: 2 hrs 15 min

Makes: 8 servings

## MAZE



## HIDDEN PICTURE



Color in each space that contains a letter.



# Classified

www.crawfordcountyavalanche.com

Classifieds must be paid for in advance  
Display Advertising Rate - \$8 per column inch  
Deadline for Display Classifieds - Noon, Monday  
Classifieds by the word rates - \$6 for 15 words or less, 10¢ per each additional word; includes internet listings: www.crawfordcountyavalanche.com  
Classified by the word deadline - Noon Tuesday

## 1. Real Estate

**HOUSE FOR SALE** 2-3 bedrooms, 2 full baths. 586-446-0004, 586-713-7500. (-2/8/10/tf/1)

## 2. For Rent

**TWO BEDROOM HOME** non-smoking, no pets. \$450 month plus electric. 348-4840. (-15/2)

**2 BEDROOM HOME** located in the Grayling/Lovells area. Large heated pole barn with plenty of storage, located in private association. \$575 per month plus deposit. No pets/non-smoking. 989-390-7315. (-15-22/2)

**1 BEDROOM, 1 BATH** home - No pets, near Manistee River. \$375 month, \$375 security deposit. 989-348-9800. (-15-22/2)

**EFFICIENCY CABIN** Close to town. \$380 per month, \$380 security, \$50 cleaning fee, utilities not included, no pets. 989-348-5124. (-15/2)

**3 BEDROOM HOUSE** in city of Grayling, 404 Date St. Range, refrigerator, washer, dryer, basement, storage shed, large yard. No pets, \$575 month, plus \$575 security deposit. Tenant pays utilities, 989-348-4716. (-2/23/12/tf/2)

**OCEAN FRONT CONDO** for rent on Treasure Island - St. Pete's Beach, Florida. Two bedroom for March 24 - 31. Asking \$1,000 for the week OBO. Call 348-2284. (-8-15/2)

**THE CLASSIFIED** - The perfect place to find that first house. (989) 348-6811.

## 2. For Rent

**FOR RENT NEWER** 3 bedroom, 1 1/2 bath, 2 car detached garage. \$680 month plus utilities, 4 miles from town, 989-390-4078. (-1-8-15-22/2)

**MOBILE HOME IN COUNTRY** Grayling Schools, close to state land and AuSable. 2 bedroom, available April 1. \$400/month plus deposit, 810-359-5851. (-8-15-22/2)

**MONTHLY HOME RENTALS** near Grayling, Houghton Lake, Roscommon and Higgins Lake. 2 and 3 bedroom. Higgins North Property Services, 989-821-3434. (-1/13/11/tf/2)

## 3. Employment

**PLATINUM DIRECT SALES COMPANY** seeking Independent Consultants and Hostesses. No start up cost and free products available. Call Dana at 989-390-2613 or visit www.partylite.biz/danaswander. (-8-15/3)

**LOOKING TO DO SOMETHING** meaningful with your life? Northern Management is looking for people to work with individuals, assisting with their daily living skills. Must have a valid driver's license with less than three violations and be able to pass a criminal background check. Training provided. Starting pay \$8.33 per hour. EOE. Need someone for the Grayling area. Part time, possibly full time hours available. Apply online at www.northernmanagement.org or call 989-732-6374. (-3/3)

**JOBS FOR MEN/WOMEN** in transportation. Contact Liberty Truck Driving School. 888-602-5966, www.libertytruckdrivingschool.com. (-2-9-16-23-1-8-15-22-29/3)

**LOOKING FOR CHILD CARE** in my home for spring break and summer vacation. Must have own transportation. Call 989-745-6041 for more information. (-8-15/3)

## 2. For Rent

### Cobble Creek II Apartments

a family community located in Grayling, MI is currently accepting applications for 1 Bedroom, 2 Bedrooms Apartments. Units of barrier free design may also be available. Rent is based on income.

For affordable housing call 989-348-3150  
This institution is an Equal Opportunity Provider, Equal Housing Opportunity.

TDD# (800) 649-3777

### Rentals

**WATERFRONT!** 75' on Lake Margrethe, furnished 3 bedroom, 1 bath, attached 2 car garage, dock, jet ski & boat hoist, outstanding view, requires one year lease \$1,200/Month

**1 BEDROOM**, efficiency apartment - in town. \$500/month includes utilities.



## 3. Employment

**BUSINESS OPPORTUNITY** If you are a business minded, hard working, customer oriented, marketing knowledgeable person, you should call 989-422-6284 and ask for Richard. Callers should be skilled in the use of hand tools, knowledgeable in the construction industry and capable of maintaining themselves and their own business. There is a nation wide need for this product and service. (LR5/3/12/3)

**EMPLOYMENT OPPORTUNITIES** please see www.jackmillikin.com for details and job descriptions. (-8-15/3)

**FOREST DUNES GOLF CLUB** in Roscommon is holding a job fair on Saturday, March 24. Many positions available in all departments. See our ad on page 2A. 989-275-0700. (-15-22/3)

**OPPORTUNITY AVAILABLE!** Full/part time positions. Northern Michigan company is looking for experienced, dependable individuals. Must be 18 and older with a valid driver's license. Apply for customer service reps by calling 989-732-2175. (-15/3)

**HELP WANTED HINTS** When placing a Help Wanted Classified, remember to list the job title and duties involved, whether it is full or part time, the name of company or business, mailing address for resume, or street address for walk-in applications. Crawford County Avalanche, 102 Michigan Avenue, Grayling - (989) 348-6811.

## 3. Employment

### Northern Lakes COMMUNITY MENTAL HEALTH

Is seeking an individual, for part-time employment, to provide care for adults with developmental disabilities in a group home in the Higgins Lake area. "Previous experience with behavioral health care services is a plus." Starting wage is \$7.40/hr, increase to \$10.24/hr after paid training. Applicants must have proof of high school diploma/equivalent, reliable transportation, and a working home telephone. Must have acceptable driving and criminal record checks. Apply in person at the Houghton Lake office, 2715 S. Townline Road, Houghton Lake, MI Monday - Friday, 8:00 to 4:00 EOE



### MERCY HOME CARE MERCY HOSPICE

Part Time - Medical Social Work for Homecare and Hospice

Candidate must be Masters Prepared, with a Degree in Social Work. A minimum one year social work experience in a health care setting. Must be licensed to practice Social Work in the State of Michigan. Ability to assess and act upon client needs without direct supervision and willingness to travel in our geographic region. Competitive pay and part time benefits.

Please apply today at:  
www.trinityhomehealth.com

Mercy Home Care & Hospice is committed to the Mission and Values as set forth by Trinity Health. Mercy Home Care and Mercy Hospice is committed to achieving workforce diversity and is an equal opportunity employer.



### HOSPICE OF HELPING HANDS

#### Employment Opportunity

**Nurse Practitioner** - Hospice program based in West Branch seeks NP, fully licensed in the State of Michigan to work 8 hours per week. Provide medical management to patients where they reside, including skilled nursing facilities and patient homes. Working member of an interdisciplinary team and is responsible for developing, updating and evaluation of treatment plans. We have a great team where staff are happy and patients come first. If interested in working in this type of environment, fax your resume to: 989-345-2991.

**RN** - Nonprofit hospice program based in West Branch seeks contingent RN's to assist with patient care for our growing agency. Minimum of 1 year hospice and/or nursing home experience required. We have a great team where staff are happy and patients come first. If interested in working in this type of environment, please apply now or fax your resume to: 989-345-2991.

## 4. Services Offered

**SAM'S SHOE REPAIR** 40 years experience. Now offering a drop off and pick-up location at Riverland Dry Cleaning in uptown Grayling, 989-344-0047. (-15-22-29-5/4)

**YARD WORK, TRUCK, TOOLS** leaf, brush, tree clean-up. Experience. 989-348-7046. (-15/4)

**BACHMANN & THOMAS DETAILING SHOP** Trucks, cars, boats, campers. 10376 Roscommon Rd., Roscommon, MI 48653. Cell 989-350-6722 or 989-275-1400. (-15-22-29-5-12-19-26-3-10-17-24-31-7-14-21-28/4)

**SOCIAL SECURITY DISABILITY** John P. S. Miller Attorney. Over 30 years experience representing disability clients. No fee unless we win. 1-800-713-0077, 989-275-4131. 405 Lake Street, Roscommon, MI. (LR5/3/12/4)

**D. HAWES / Driver's Training:** Northern Driving School will be offering classes year-round in Grayling and surrounding areas. The only local driving school in Crawford and Roscommon counties. Segment I \$275, Segment II \$40. 989-344-2470. (05/22/08/tf/4)

**LIFE PROBLEMS** getting you down? Call GRACE Center, 989-348-2544. (3/19/09/tf/4)

**HOW-PINK SEWING** from hems to upholstery. If you can sit on it, I can do it! 989-344-4146. (-8-15-22-29/4)

## 4. Services Offered

**BUY HERE, PAY HERE** bad credit, bankruptcy, repos, OK. Easy terms, low down payment. Most monthly payments under \$200. 24 month warranties available on all vehicles. Hundreds of vehicles and thousands of happy customers. Call Rich 989-306-3656. (-1-8-15-22-29/4)

**GAMBLING PROBLEMS?** Call Grace Center for help, 989-348-2544. (-6/10/10/tf/4)

**HOMETOWN HEATING AND APPLIANCE** Service has same or next day service. Also, Saturday regular rates. Call now for appointment, 989-348-4252. Furnace cleaning specials going on now. Call 348-4252. (-1/5/12/tf/4)

**NEED RUBBER STAMPS?** Call the Avalanche at 348-6811 for more information.

## 3. Employment

**LPN Charge Nurse** position open 12 hour shift on nights. If you want to be a member of our outstanding team now is the chance. Please apply in person at Grayling Nursing and Rehab, 331 Meadows Dr., Grayling Nursing Centre.

## 4. Services Offered

**CARPET INSTALLER** has rolls of carpet, tile and vinyl at great prices. Also re-stretches, repairs, installation and custom tile work. Also doing water damage repair (broken pipes, toilet overflows, etc.) 24 hour emergency service, contact Dale at 989-390-4603. (-1-8-15-22-29-5/4)

**RTH HOME IMPROVEMENT** all your interior and exterior needs. Garages, additions, drywall, painting, roofing, siding, decks, and more. Licensed and insured, free estimates. Rob Harrington 989-344-1383. (-9/16/04/tf/4)

## 3. Employment

**Kirtland Community College** 10775 N. St. Helen Road, Roscommon, MI 48653  
**AUXILIARY SERVICE WORKER- THEATRE TECHNICIAN**  
Kirtland Community College is seeking one or more qualified individuals to work on an occasional basis, generally on evenings and weekends, to assist with technical duties at performing arts events. For a complete position description and application information, visit our website at <http://www.kirtland.edu/humanresources/jobs/kepa.htm>  
Application deadline is March 30, 2012.  
Equal opportunity employer.

## ARE YOU LOOKING FOR EMPLOYMENT?

2012 Regional Opportunity Expo and Career Fair. This is your opportunity to network with area employers and apply for jobs **Tuesday, March 27th from 11 a.m. - 3 p.m. Student Center, Main Entrance of Kirtland Community College** Speak with area employers from Crawford, Ogemaw, Oscoda and Roscommon Counties. Sponsored by Michigan Works and Kirtland Community College. All are welcome, no charge to attend! For more information contact, 989-366-8660.

**WANTED:** Experienced lender for North Central Area Credit Union's centralized service department in Houghton Lake administration office. Looking for a motivated person to process loan applications and make loan decisions with accuracy and efficiency. Position will also handle opening member accounts and other loan related functions. Send resume to [tschwalm@ncacu.org](mailto:tschwalm@ncacu.org) or fax to (989) 910-5128 Attn: Tamm

### Northern Lakes COMMUNITY MENTAL HEALTH

Is seeking individuals to provide care for adults with developmental disabilities in a group home in Grayling. Rewarding work environment with staffing ratios of 1:3 or less. "Previous experience with behavioral health care services is a plus." Starting wage is \$7.40/hr, increase to \$10.24/hr after paid training. Applicants must have proof of high school diploma/equivalent, reliable transportation, and a working home telephone. Must have acceptable driving and criminal record checks. Apply in person Monday through Friday, 8:00 A.M. to 4:00 P.M. at Northern Lakes Community Mental Health, 204 Meadows Drive, Grayling. EOE



### MERCY HOME CARE MERCY HOSPICE

#### Full Time Registered Nurse

Needed for our Home Care program in our Grayling office. Exceptional patient care and a very dedicated staff are the essentials to our agency success.

Positions are full time and require a current registered nursing licensure with the State of Michigan and one year minimum experience. You will be required to assess and act upon patient needs, care planning, therapeutic intervention and overall supervision of client and outcomes.

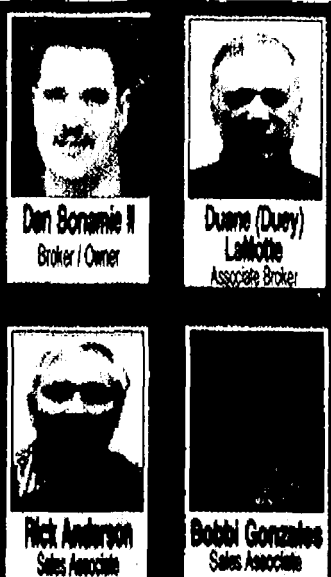
Comprehensive benefit program.

Please apply today at:  
www.trinityhomehealth.com

Mercy Home Care & Hospice is committed to the Mission and Values as set forth by Trinity Health. Mercy Home Care and Mercy Hospice is committed to achieving workforce diversity and is an equal opportunity employer.

## 1. Real Estate

## 1. Real Estate



Check out all the area listings at:  
[www.NorthernListings.com](http://www.NorthernListings.com)



5. For Sale

**MIXED SEASONED HARDWOOD** \$55 per cord. 348-9451. (-15/5)

**TUXEDO RENTAL FOR PROM** available at J. Dap Co.! Reserve your tux for prom for just \$30. Tuxedo prices starting at \$76.99. Hurry in to be sure and get the tuxedo you want! J. Dap is located at 118 Michigan Ave., in Grayling. Call 989-348-7661 for more info. (-1-8-15/5)

**LOFT BED** steel frame, like new with mattress \$100, 989-745-5041. (-8-15/5)

**BEAUTIFUL TSAVORITE GARNET RING** must see to appreciate. Replacement cost \$2,275, asking \$1,500. O.B.O. Please call 989-390-3836. (-15-22-29/5)

**POLE BUILDINGS & GARAGES** Spring Special - 24x40x10. Featuring Ultra 2000 with a 45 year warranty. Call for a free estimate 1-800-541-3974. Tom's Pole Buildings, 4050 Industrial Dr., Harrison. (-1/5/12/t/5/)

**CAN'T FIT THE CAR IN THE GARAGE?** Sell those extra goodies quick with an ad in *Avalanche For Sale Classifieds*. (989) 348-6811.

5. For Sale

**OAK FIREWOOD** \$65 face cord, 2 cord minimum. Soft wood mix \$30/cord. No checks. Marty's Firewood is now paying cash for any type of firewood. 989-390-3930. (-1-8-15-22-29/5)

**BUY NOW AND SAVE** up to \$1,673! Central Boiler E-Classic Outdoor Furnaces. Heat your entire home and hot water. EPA qualified. Call today, 989-348-7484. (-1-8-15-22-29/5)

**UPTOWN GRAYLING LADIES NIGHT** Spring Fling! Saturday, March 24, from 6 p.m. - 9 p.m. Come join us for fun, food, laughter and surprises! 9 businesses are participating Flowers by Josie, J. Dap Gift Shoppe, Riverland Clothing & Gifts, North Country Corner, Parrott's Perch, Stone Fancier, The Bicycle Shop, the Brickery and Ice House. Mark your calendar so you don't miss out on all the fun! (-8-15-22/5)

6. Wanted

**AAA AUTOS WANTED** dead or alive. Cash upon quick pickup. 989-786-3932 or 989-808-2945. (-23-1-8-15/6)

**WANTED** Junk vehicles, will haul. Paying cash. Call Gene at Wakeley's Auto Parts, 989-348-5079. (LR5/31/12/6)

**PHILS TOWING** now paying top dollar for junk or scrap vehicles. 989-348-8787. (11/3/11/t/6)

**BUYING SCRAP METAL** All grades. Fritz Enterprises Inc., 989-275-6041. (10/16/08/t/6)

**THE CLASSIFIED** - The perfect place to find that first car. (989) 348-6811.

6. Wanted

**ANTRIM RECYCLING** Don will pay you \$400 for most complete cars including catalytic converter, alloy wheels and battery. \$500 for full size 4 x 4 pickups, similarly equipped. We haul. 888-468-7313. (-1/12/16/t/6)

**WANTED TO BUY RIT-TEHOUSE** cottage furniture, vintage canoe paddles and other vintage cottage stuff, 248-851-7585. (LR 3/29/12/6)

8. Announcements

**FORECLOSURE PREVENTION COUNSELING** now available in Crawford County. Call Alice at 231-582-6436 to schedule your appointment. Office hours every Wednesday from 9 a.m. to 5 p.m. at 208 Fulton Street. HUD and MSHA certified agency. (-8-15-22-29-5-12-19-26/8)

**GERTA'S DRAPERIES** "Everything in Window Treatments." Free estimates and in-home appointments. Established in 1958. Call 989-732-3340 or visit our showroom at 2281 South Otsego Avenue, Gaylord. (3/26/09/t/8)

**MARK EASTERLE BENE-FIT** March 31, noon to 9 p.m. Maple Forest Township Hall, 989-348-8780, for more information. (-15-22/8)

8. Announcements

8. Announcements

**GRAYLING DAIRY QUEEN** now open! Wednesday thru Friday, 11:30 a.m. - 5 p.m., Saturday and Sunday, 11:30 a.m. - 7 p.m. Located at 305 James St. (-15-22-29/8)

**HALL FOR RENT** American Legion Post 106, Grayling. Smoke free wedding receptions, showers, parties and more. Contact manager 348-7232. (-8-22-5-19-2-16-1-15-29-12-26-10-24-7-21/8)

**COMMUNITY CALENDAR** Place your organization's events on Crawford County's Community Calendar. Go to [crawfordcountyavalanche.com](http://crawfordcountyavalanche.com), under services, to submit your event. For more information, call our office at 989-348-6811. (-3/19/09/t/8)

**DEB'S HOMEMADE GOODIES** sold at Flowers by Josie/Thanks a Latte. A special treat for the gourmet lovers - uptown Grayling, 212 Michigan Ave., 348-4006. (-1/5/12/t/8)

**ADVERTISING DEADLINES:** Regular Display - 1/2 to full page, 5 p.m. Thurs. All others 5 p.m. Fri. Classified Display - 12 noon Mon. Classified by the word - 12 noon Tues. These deadlines may change with notice due to holidays or special publication.

8. Announcements

NOTICE BIDS

Crawford County, on behalf of the Region 7 Homeland Security Planning Board (R7HSPB), is seeking Bids for the purpose of developing a R7HSPB website. To be considered, and to receive an electronic copy of the Bid Request, interested individuals must send a letter of interest via electronic mail to [R7HSPB@gmail.com](mailto:R7HSPB@gmail.com). Proposals are due to the R7HSPB Staff no later than Thursday, March 15, 2012, 4:00 pm.

NOTICE

Crawford County, on behalf of the Region 7 Homeland Security Planning Board (R7HSPB), is seeking Proposals for the temporary contractual position of **MARKETING CONSULTANT** in matters relating to the R7HSPB Preparedness Project. To be considered, and to receive an electronic copy of the Request for Proposal (RFP), interested individuals must send a letter of interest via electronic mail to [R7HSPB@gmail.com](mailto:R7HSPB@gmail.com). Proposals are due to the R7HSPB Staff no later than Friday, March 16, 2012, 4:00 pm.

*A Cut Above*  
**Announcing Sara Ross, Stylist**

**A CUT ABOVE** welcomes new stylist **Sara Ross** to the salon. Sara is now accepting new clients Tuesday & Thursday 9am - 5pm. Evenings available by appointment. Sara also specializes in facials.

**A Cut Above**  
Grayling Mini Mall 989-348-2128

BIDS

Frederic Township is advertising for electrical bids for the retrofit of florescent lighting in the Town Hall building, 6470 Manistee St., Frederic MI 49733. For a copy of bid specifications contact the supervisor at the Township Hall or call 989-348-8778 Ext. 1. Bids must be received no later than 1:00 P.M. on March 28, 2012. Frederic Township reserves the right to reject any and all bids.

Send bids to:  
Frederic Township  
PO Box 78  
Frederic MI 49733  
Attn: Supervisor  
Email to [supervisor@frederictownship.org](mailto:supervisor@frederictownship.org)

MAKE 2012 THE YEAR YOU UPGRADE TO ORANGE

**SCHNEIDER NATIONAL IS HIRING EXPERIENCED TRUCK DRIVERS** FOR LOCAL AND REGIONAL INTERMODAL WORK  
**PREDICTABLE HOME TIME**  
Earn up to \$65,000/Year (based on experience)  
\$4,000 SIGN-ON BONUS AND \$2,500 RELOCATION ASSISTANCE MAY APPLY  
[schneiderjobs.com/newjobs](http://schneiderjobs.com/newjobs)  
1-800-44-PRIDE  
**SCHNEIDER NATIONAL**

Don't Fall! Bathe Safely!

• Walk-In-Tub by Jacuzzi™  
• Designed for Seniors  
• Be Independent  
• Age in Place  
• Made in USA  
Call: 734.550.8979 - Ref: 62948

8. Announcements

**TUXEDO RENTAL FOR PROM** available at J. Dap Co.! Reserve your tux for prom for just \$30. Tuxedo prices starting at \$76.99. Hurry in to be sure and get the tuxedo you want! J. Dap is located at 118 Michigan Ave., in Grayling. Call 989-348-7661 for more info. (-1-8-15/8)

**UPTOWN GRAYLING LADIES NIGHT** Spring Fling! Saturday, March 24, from 6 p.m. - 9 p.m. Come join us for fun, food, laughter and surprises! 9 businesses are participating Flowers by Josie, J. Dap Gift Shoppe, Riverland Clothing & Gifts, North Country Corner, Parrott's Perch, Stone Fancier, The Bicycle Shop, the Brickery and Ice House. Mark your calendar so you don't miss out on all the fun! (-8-15-22/8)

**CRAWFORD COUNTY UNITED WAY** Annual Meeting is Wednesday, March 21, 2012 at 5:30 p.m., Devereaux Memorial Library, 201 Plum Street, Grayling. Public welcome and those interested in serving on the Board are encouraged to attend. Those interested in serving on the Board must draft a letter of interest and mail to CCUW, P.O. Box 171, Grayling MI 49738, or e-mail to [crawforduw@gmail.com](mailto:crawforduw@gmail.com). For more information, call (989) 350-4462. (-15/8)

10. Garage Sale

**AMAZING MOVING AUCTION!** March 17, 10 a.m., Perry Creek & M-33 Mio, MI. March 3 was re-scheduled due to severe weather. Quality antique furniture, fireplace mantles, Waterford crystal, clocks, art, household, black Americana, Sinclair gas globes & station, 30kw generator, granite garden furniture, gazebo & more! View online or call. Lets Talk Auction! 989-848-5158  
[www.LetsTalkAuction.com](http://www.LetsTalkAuction.com). (-15/10)

11. Automotive

10. Garage Sale

**4 DAYS - 2 AUCTION** Rings - March 24 - 25 and March 31 and April 1, time is 12 noon, 3855 Juniper Way, Grayling, MI 49738. Tractors, guns, toys, antiques, equipment and much more. Huge auction see website for details. Guns and other items not onsite until the morning of sale. No sales tax 10% premium, [www.AuctionStreet.net](http://www.AuctionStreet.net), 1-810-397-3199. (-15/10)

11. Automotive

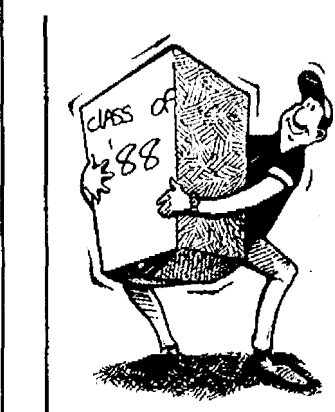
**2001 EXPLORER LEATHER INTERIOR** \$2,000 OBO, please call 989-390-3836. (-15-22-29/11)

**LOOKING FOR MORE MONEY** for your trade-in? We may be able to help. Call 989-889-5066, leave a message. (-1/26/12/t/11)

**WANTED DEAD OR ALIVE** all autos of any size. Top pay, higher pay for late models, 989-344-9040. (-1/20/11/t/11)

**THE CAR LOT** is always open in the Crawford County *Avalanche Classifieds*. Call the *Avalanche* at (989) 348-6811 to place your ad today.

PACKRATS



**we're your worst enemy**

THE CLASSIFIEDS

Crawford County **Avalanche**  
Visit us on the web:  
[www.crawfordcountyavalanche.com](http://www.crawfordcountyavalanche.com)

11. Automotive

SCHEER MOTORS



**Why I bought from Scheer Motors...**

"It was a good deal and very convenient."  
- Tim & Val Peacock

Salesperson: Laurie Scheer Krey  
Customer: Tim and Val Peacock

★ Special of the Week ★

**2008 Chevy Suburban LTZ**  
4x4, Navigation, DVD, Moonroof

Call Today!



**"Your Hometown Dealer"**

Hours: Mon. - Fri. 8:00 a.m. - 6:00 p.m.

Sat. 9-2 U.S. 27 NORTH - Grayling

[www.scheermotors.com](http://www.scheermotors.com)  
CALL TODAY! 989-348-5451

**WE NOW OFFER HERTZ RENTAL VEHICLES TO THE PUBLIC!**

**MFA** Michigan Press Association  
Statewide Ad Networks  
**Just Imagine**  
Reaching 3,500,000 readers with just one phone call.  
Contact your newspaper's advertising representative or call 517.372.2424

**Enjoying Their New Active Lifestyle**  
When Ron and Gail Gorman decided to have bariatric surgery, they did it for themselves. Gail went from a size 32 to a size 8, and Ron lost 177 pounds. Since losing weight, the couple's activity level has soared. "Having bariatric surgery was one of the best decisions we've ever made," Gail said. Read their full story at [www.midmichigan.org/gorman](http://www.midmichigan.org/gorman)  
**MidMichigan Health**  
For more information, visit [www.midmichigan.org/bariatrics](http://www.midmichigan.org/bariatrics)

MICHIGAN

Help Wanted

**\$2,000.00 SIGN ON BONUS!!** RV, motorized, Haul N Tow and low boy units needed! Deliver trailers, boats, RVs and ANTHING on wheels! Go to [horizontransport.com](http://horizontransport.com).  
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## Crawford County Avalanche Sports

www.crawfordcountyavalanche.com

## Dinner, game to raise money for Project Graduation



Grayling High School and Project Graduation will host their annual Seniors vs. Staff Basketball Game on Friday, March 23, at GHS. The event will also include a spaghetti dinner, which begins at 5 p.m. in the GHS cafeteria. The game will start at 7 p.m. The game and the dinner will raise money for Project Graduation, which aims to provide a safe, supervised event for seniors on graduation night. Ticket prices: dinner - donation of your choice; game - \$2 student, \$3 adult, or \$10 family. Last year's game/dinner raised approximately \$1,800 for Project Graduation. Pictured, one of the seniors drives to the basket during last year's Seniors vs. Staff Basketball Game.

## Grayling Youth Wrestling Club

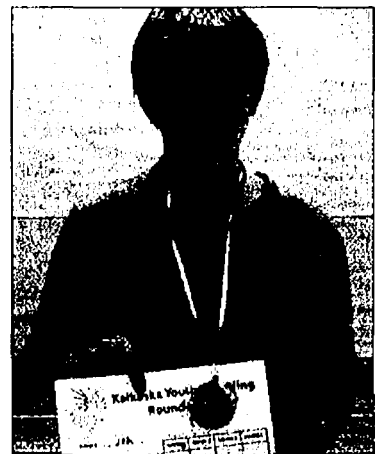
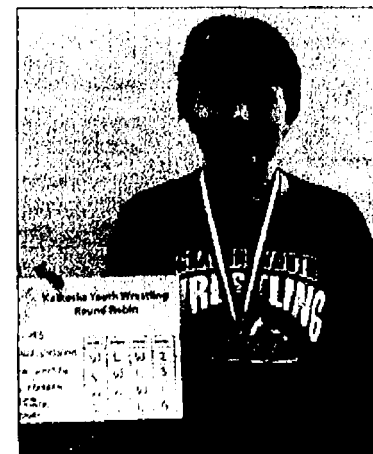
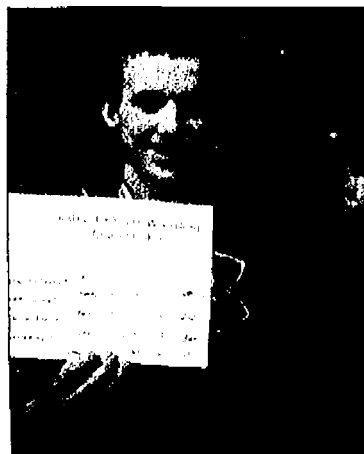
The Grayling Youth Wrestling Club (GYWC) had all eight of its participating wrestlers place in the top four during a tournament at Kalkaska on Saturday, March 10.

Grayling had three first

place finishers: Reece Ferrigan, Alex Ferrigan, and Spencer Kent. Dave Burr, Cody Creel, and Kejuan Conley all finished second. Devin Joseph took third. Logan Duvall finished fourth.

"This whole group wrestled well, seeing a lot of new competition," Coach Larry Duvall said.

The GYWC will end its season with a meet at Petoskey on Saturday, March 17.



(L to R) Spencer Kent, Reece Ferrigan, and Alex Ferrigan finished first at Saturday's wrestling meet at Kalkaska.



# Thank You

THE PATIENCE OF OUR customers and the perseverance of our hard-working employees helped Consumers Energy tackle the challenges created by the late winter storm that struck Michigan on March 2-3.

High winds and 18 or more inches of wet, heavy snow affected electric service to more than 189,000 customers. The storm downed nearly 3,000 wires across northern Michigan, and left damaged trees, utility poles and cross arms in its wake.

The storm restoration effort involved about 2,500 utility and contract

employees, including crews from Ohio, Indiana, Illinois and Pennsylvania. These dedicated professionals worked tirelessly to restore power to customers while protecting public and employee safety. We salute their grit, skill and determination to get the job done under the most trying circumstances.

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